



Classic
SleepCare^{LLC}
Healthy Sleep. Beautiful Smiles.[®]

Home Sleep Testing
with Classic SleepCare



Convenient

Test performed in your own home



Affordable

A fraction of the price of an in-lab sleep study



Accurate

Measures breathing to evaluate for sleep apnea



Consistent

One contact for testing and treatment

What is a home sleep test?

A home sleep test (HST) is a study that you do in the comfort of your home to check for signs of sleep apnea. Sleep apnea is a chronic disease that is associated with serious comorbidities such as drug-resistant hypertension, diabetes, heart attacks and congestive heart failure.

Over time, sleep apnea can also have a devastating affect on your lifestyle. Commonly reported symptoms include waking up with a headache, feeling sleepy or nodding off during the day, loss of libido, and being easily irritated.

The primary benefit of home sleep testing is convenience, versus the standard method of attending a sleep study which involves staying overnight in a lab, monitored by a polysomnographic technologist.

Whatever the method, strive for a successful test and accurate diagnosis. Proper treatment of a sleep disorder can enhance all areas of your life including improved concentration, weight loss, increased libido and mood. The change is so extreme you will feel like “you” again, and your friends and family will notice!



SleepMed ARES

We use the Apnea Risk Evaluation System (ARES) to evaluate patients with possible sleep disorders. The ARES can record and score respiratory events including apneas, hypopneas, mixed apneas, and flow limited events. Your doctor likely ordered a home sleep test because he or she suspects you have a sleep disordered breathing condition such as sleep apnea.

The ARES is designed for in-home use, and is easily placed on your forehead and comfortably worn for 8-10 hours. The device provides sufficient battery capacity for two nights of recordings.

The ARES is not recommended for use by patients with extreme sensitivity of skin, allergies to synthetic fabrics, or a current respiratory infection. If this sounds like you please alert your doctor.

Using the ARES device

Your Classic SleepCare therapist will deliver your home sleep test unit and demonstrate set up. A summary of the set up instructions is included here for reference.

1. Once you are prepared to go to sleep, turn off the TV, radio, room fans or other electronic appliances that may interfere with the microphone.
2. Thoroughly wash and dry your forehead.
3. Remove the plastic covers from the electrodes and the forehead sensor.
4. Hold the cannula tips - the two prongs extending from the clear plastic tube - against the bottom of the ARES (Figure 1) with your thumbs and slide the strap over your head.
5. Center the ARES over your nose, slightly above your eyebrows, and gently pull the black strap into place (Figure 2). Remove any hair from under the sensors and ensure the sensors and electrodes make complete contact with your skin.
6. Place the cannula tips inside your nostrils.
7. Grasp the cannula with your hand and pull it away from the back of your head until it feels snug (Figure 3).
8. Using your other hand, grab the slip tube and pull toward the back of your head until the tube rests snugly above the plastic portion of the strap (Figure 4).
9. The cannula tips should be snug inside your nostrils. When properly tightened, make sure the cannula tips cannot be pulled more than $\frac{1}{4}$ inch away from your nose.
10. Switch the ARES "ON", an audio alert will sound to signify the ARES is turned on. After 10 seconds an audio alert will sound to indicate that the start up period is complete. You can now change positions and go to sleep.

Save the sensor covers on your bedside table to reuse in the morning. This will keep the sensors protected and clean for your second night of testing.



Figure 1. Hold the cannula tips against the ARES unit with your thumbs and slide the strap over your head.



Figure 2. Center the ARES over your nose, slightly above your eyebrows, and gently pull the black strap into place.



Figure 3. Place the cannula tips inside your nostrils and pull the cannula toward the back of your head until it feels snug.



Figure 4. Grab the slip tube and pull toward the back of your head until the tube rests snugly above the plastic portion of the strap.

In the Morning

1. When you wake up, remove the ARES by gently peeling the black sensor away from your forehead prior to completely removing the ARES from your head. Failure to do so may damage the sensor connector.
2. If the green light in front of the ARES is illuminated, switch the ARES “OFF”. If the light is no longer illuminated, the ARES has automatically stopped recording. This is normal; you do not need to turn the ARES off.
3. Return the ARES to the plastic bag.
4. If you have completed night one of the test, repeat the process outlined in “Begin Your Sleep Study” for night two. If you have completed night two of the test, return the supply box containing the ARES (resealed in the plastic bag) to your Classic SleepCare RT as per the prearranged date and time.

If an alert sounds during the night

To stop an alert, turn your head back and forth as if you are shaking your head “no”. Reposition the ARES on your forehead and tighten the cannula slip tube. The alarm will sound again if the problem is not properly resolved. If any alert sounds more than two times, contact the overnight support hotline on (855) 347-5337.

What’s next?

After your Classic SleepCare RT visits to pick up your HST device, the results of your sleep test will be interpreted by a board-certified sleep physician and sent to your doctor for review. If your results show a significant number of breathing events your doctor may diagnose you with sleep apnea.

There are a number of treatments for sleep apnea, the gold standard of which is Positive Airway Pressure (PAP) therapy. PAP therapy has a high success rate and patients report feeling positive effects almost immediately. A good sleep can change your life!



About Classic SleepCare

We specialize in home sleep testing and patient care for the treatment of sleep apnea. Collaborating with leading sleep doctors and primary care physicians, our mission is to provide the best possible care for patients who are prescribed PAP therapy. We will work closely with you by supplying high quality machines, delivering an in-home setup with one of our licensed respiratory therapists, and guiding you on how to use and care for the equipment.

We have a toll-free support line open for HST patients during the evening hours, if you have any issues initiating or completing your home sleep test please call (855) 347-5337 to speak with a registered nurse trained in sleep.

If you have any questions relating to your account including insurance, billing and collections you can reach our Patient Services department on (888) 707-2454 Monday to Friday from 8am - 5pm PST, or email contact@classicssleepcare.com anytime.

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Patient Care, Machines and Supplies

For more information please visit us at:
www.classicsleepcare.com