

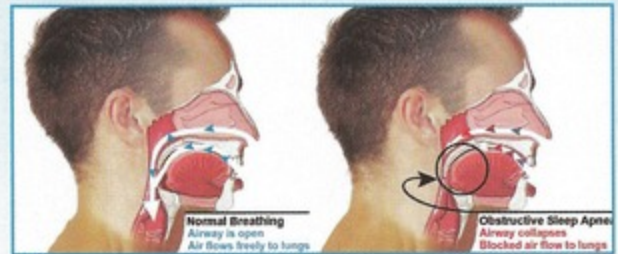


IS SNORING A PROBLEM IN YOUR HOUSE?



watermarkmedical™ better sleep, better life

What is Sleep Apnea?



Sleep Apnea (from Greek, meaning "without breath") is one of the most common sleep disorders in which breathing stops and then restarts again recurrently during slumber.

Obstructive Sleep Apnea (OSA) occurs when the airway temporarily collapses during sleep, preventing or restricting breathing for up to 10 seconds or more. OSA patients commonly suffer from low oxygen levels in the blood, high blood pressure and an overall decrease in the quality of life due to daytime drowsiness and headaches. Breathing pauses can last from a few seconds to minutes.

Such events can occur several hundred times a night, severely disrupting sleep. Typically, normal breathing then starts again, sometimes with a loud snort or choking sound. The term "sleep-disordered breathing" (SDB) includes a spectrum of respiratory disorders ranging in severity from snoring to OSA.

Sleep apnea usually is a chronic condition that disrupts your sleep 3 or more nights each week. You often move out of deep sleep and into light sleep when your breathing pauses or becomes shallow.

This results in poor sleep quality that makes you tired during the day. Sleep apnea is one of the leading causes of excessive daytime sleepiness.

More than 40 million Americans are estimated to suffer from a sleep breathing disorder and 20 million suffer from Obstructive Sleep Apnea (OSA). Despite the high prevalence, 93% of women and 82% of men with moderate to severe OSA remain undiagnosed, according to the National Sleep Foundation. Diagnosing sleep problems no longer has to be uncomfortable, inconvenient or costly thanks to ARES™, a state-of-the-art wireless device for in-home sleep testing.

OSA is a physical condition caused by the airway collapsing. The result is an interruption in breathing that lasts for at least 10 seconds. Sleep apnea is considered severe when it occurs every 2 to 3 minutes.

According to the National Sleep Foundation:

- About 1 in 4 men and 1 in 10 women suffer from sleep apnea;
- Some 17% of middle-aged people have moderate apnea;
- Middle-age people with severe apnea were 46% more likely to die of a heart attack;
- There are more than 20 million OSA patients, only 5% of which have been diagnosed and treated;
- Breathing problems for as little as 11 minutes a night double the risk of death.

Diagnosing sleep apnea used to be an expensive and inconvenient process requiring an overnight stay in a sleep lab or hospital. A technician observes the patient and records sleeping habits using audio and video equipment. Many sleep centers operate at full capacity causing 4-6 week delays in patient testing and waiting for results.

The home sleep test is more convenient for you. Many experts agree that testing sleep in your normal home environment offers many advantages to the laboratory setting, which is admittedly uncomfortable and unrealistic.

Symptoms include:

- Loud snoring
- Always tired, trouble concentrating and staying awake
- Waking with headaches
- Waking with a choking sensation
- Excessive sweating at night
- Waking with dry mouth
- Depression
- Heartburn
- Increased sexual dysfunction
- Frequent trips to the bathroom at night
- Restless sleep, tossing and turning
- Rapid weight gain

YOUR INSURANCE MAY COVER HOME SLEEP TESTING

ARES™ home sleep testing is covered by Medicare and almost all major medical plans. A trip to the sleep lab may cost you a high co-pay and deductible. The average co-pay patient expense for a sleep lab study is \$600-\$800. ARES™ helps reduce healthcare costs in this tough economy. It is a convenient and effective method to diagnose sleep disorders.

ARES™ is a new, low-cost, patient-friendly wireless device that is worn while you sleep in your own bed at night. Your sleep data is reviewed by a certified sleep technologist and then interpreted by your physician or your sleep specialist. Your physician will then recommend the appropriate therapy.

ARES™ provides a better profile of your breathing during sleep by allowing you to be studied in your normal sleeping environment. The device collects physiological data while you are asleep, and integrates the data with clinical history and physical data to determine the presence and severity of sleep apnea.

ARES™ is worn on your forehead, and is usually worn for one night. The small size allows the device to be comfortably worn in all sleep positions, and ARES™ even notifies you with voice prompts that you are wearing it correctly.



TAKE THIS QUIZ FOR SLEEP APNEA

- Are you regularly unrefreshed, even after waking from a full night's sleep?
- Do you fall asleep easily during your waking hours at home or at work?
- Are you a loud, habitual snorer?
- Have you been observed choking, gasping or holding your breath during sleep?
- Do you often suffer from poor concentration or judgment, memory loss, irritability and/or depression?
- Are you overweight, or do you have Diabetes, Hypertension, or Heart Disease?

If you checked two or more boxes, you may be suffering from sleep apnea or another sleep disorder. Untreated sleep apnea can cause high blood pressure and other cardiovascular diseases, memory problems, weight gain, impotency and headaches. It may also be responsible for job impairment and motor vehicle crashes. Fortunately, sleep apnea can be diagnosed and treated. Ask your doctor about your symptoms and possible treatments.

