



Home Sleep Testing Bulletin

Studies done by the National Commission on Sleep Disorders have indicated that nearly half of all Americans have difficulty sleeping. At the same time, the consequences of daytime sleepiness are often in the news. There are indications that the Challenger disaster, the Chernobyl nuclear reactor meltdown, and the Exxon Valdez oil spill can all be partly linked to people suffering from lack of sleep. One of the most common undiagnosed sleep disorders is Obstructive Sleep Apnea (OSA), thought to disrupt the healthy sleep of 30 million Americans.



However, it is easier than ever to be tested for Obstructive Sleep Apnea. Recent changes in coverage by the government agency which controls Medicare policy allow home sleep tests to serve as the basis for the diagnosis of OSA. Many insurers follow Medicare's policies, suggesting that even more potential patients will now have coverage.

For the past 14 years, SleepQuest has been a champion of those suffering from Obstructive Sleep Apnea. We provide home sleep testing services as a valid and effective alternative to sleep labs. Now more people than ever may be able to take advantage of improved home sleep studies.

Happy Patient Recovers His Life

Bob Pasolli remembers being so tired that he needed to pull off to the side of the road to sleep after any amount of driving.

"I'd have to take a 10 or 15 minute power nap to keep from nodding off," says Pasolli, a 73-year-old resident of Daly City, Calif. "I was tired all the time and it was affecting my quality of life."

For years Pasolli lived with the exhaustion before finally being diagnosed with Obstructive Sleep Apnea (OSA). With OSA, the throat tissues relax during sleep to the point that they collapse, constricting the airway. After several seconds of not getting any air, Pasolli's brain would unconsciously wake him up to make sure he could breathe. His sleep study revealed he was awakening an average of 41 times an hour.

"You're not even conscious that you're doing it," Pasolli says. "But you don't get any rest."

After being diagnosed, Pasolli turned to SleepQuest for treatment. He first tried a Continuous Positive Airway Pressure device, which helps

Advantages of home sleep testing:

- **Comfort.** *It's always better to sleep in your own bed. Instead of multiple electrodes, strange noises, and lab technicians waking you up every hour, you can test in the comfort, familiarity and quiet of your own home.*
- **Accuracy.** *You will more likely experience a typical night in your own bed, which means your results will more accurately reflect your true condition.*
- **Proximity.** *Depending on where you live, the nearest sleep center might be far away.*
- **Quicker results.** *Most sleep labs take approximately six to eight weeks to deliver results. SleepQuest averages a 10-day turnaround.*
- **Your physician stays involved in your treatment.** *Your home sleep test is scored by SleepQuest and their board certified sleep physicians, but rather than the sleep lab medical affiliate, your primary care doctor receives the results and recommendations and will make the diagnosis and prescribe the treatment that is right for you.*
- **Value.** *Total cost of a home sleep test, including co-payments, is approximately one-fourth the cost of those done in a sleep lab.*
- **Prevention.** *Early detection is the most-effective way for patients and insurance companies to preempt potentially apnea-related complications to conditions such as diabetes, hypertension, stroke and heart failure.*

To find out how SleepQuest can help you understand your insurance coverage and begin the process of home sleep testing and treatment, call 800-813-8358 or visit www.sleepquest.com.

many patients and is a customary approach to OSA treatment. Pasolli, however, didn't care for the nasal mask, long tube, and the constant rate of air pressure regardless if he was trying to inhale or exhale.

"I tried and I tried, but I just couldn't get used to it," he explains.

He then tried an oral appliance that adjusted his jaw to thrust outward to prevent airway constriction. "I got used to it, but in the end it wasn't able to keep my airway open enough," Pasolli says.

With SleepQuest's assistance, he eventually found the solution in a Bi-level device, which automatically adjusts different air pressures for inhalation and exhalation. A water reservoir attached to the Bi-level adds moisture to the airflow, so Pasolli's mouth and throat doesn't dry out.

"SleepQuest arranged for me to obtain this bi-level device because my CPAP was not helping me", says Pasolli. "The initial device was supposed to treat my condition; however, I learned that I needed a

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Happy Patient Recovers His Life ...continued

Bi-level to properly breathe at night. They were just terrific about it. I'm feeling much better and I'm very grateful for what my doctor and SleepQuest were able to do."

Pasolli says he has more energy than ever, waking up refreshed instead of exhausted. At the age of 73, he jokes he still can't do what he did in his 20's or 30's, but can once again enjoy some of his favorite activities, including the occasional uninterrupted road trip.

SLEEPQUEST SPOTLIGHT: Angie Montgomery, Ongoing Care

Life is busy for everyone these days. Many Obstructive Sleep Apnea patients undergoing CPAP treatment either forget or don't realize that they can replace equipment and supplies on a regular basis under most insurance policies. That's why SleepQuest created the Ongoing Care program as a courtesy service to its patients to remind them when they are eligible for new supplies.



If you are a SleepQuest patient, you may already have spoken with Angie Montgomery on the phone. She manages the Ongoing Care program and leads the effort to sign up patients, who will be automatically reminded when insurance permits them to order replacement masks, cushions, tubing, nasal pillows, and filters.

"Even with appropriate cleaning measures, patients may need to replace supplies due to normal wear and tear", Angie explains. "This may be caused by oils in the skin and cleaning solutions which break down the materials that touch the skin. Over time, the mask begins to leak air, causing inadequate pressure that may not keep the airway open."

Angie also notes, "Different home environments may cause the filters to become dirty from pollution, dust, animal dander, and allergens, and require frequent replacement to reduce the risk of allergies and other respiratory issues."

When Angie started at SleepQuest as a Patient Service Coordinator, she was responsible for scheduling and welcoming new and returning patients. Now in charge of the Ongoing Care program, Angie continues to work with patients on a daily basis. Among her responsibilities are to check eligibility, process orders via email and phone, and assist patients with administrative needs such as obtaining a new prescription or filing insurance claims.

"When I first started, I had no idea what sleep apnea was," Angie says with a smile. "I have gotten to know many of our patients on a personal basis and really love assisting them. I have come to know how important continued CPAP usage is to their health and their quality of life. I care deeply about all our patients and enjoy each day as I help them continue their sleep therapy."

To sign up for the Ongoing Care program or to find out how SleepQuest can help you understand your insurance coverage, call 800-813-8358 or visit www.sleepquest.com.

"I can get through the day without having to take naps or sit around yawning," he laughs. "I can just go out and be social and have a life. My quality of life is much improved."

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CPAP Supplies/Replacement Schedule

If you suffer from Obstructive Sleep Apnea and are undergoing PAP treatment, you should regularly update and renew your medical equipment. Most insurers will pay for PAP supplies based on the following replacement schedule:

Every
30
Days

- 1 Full Face Cushion
- 2 Nasal Mask Cushions
- 2 Pairs of Nasal Pillows
- 2 Disposable Filters

Every
90
Days

- 1 Full Face Mask
- 1 Nasal Mask
- 1 Oral Mask
- 1 Tubing

Every
180
Days

- Non-Disposable Filters
- Chin Strap
- Headgear
- Humidifier Chamber

Every
Five
Years

- CPAP
- Bi-level
- Humidifier

(with valid medical need and based on insurance plan)

To sign up for the Ongoing Care program or to find out how SleepQuest can help you take advantage of your insurance coverage and continue receiving supplies on a regular basis, call 800-813-8358 or visit www.sleepquest.com.

SleepQuest can help you rest easy, just call 800-813-8358 or visit www.sleepquest.com.

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