Sleep Apnea Fact Sheet

**Obstructive Sleep Apnea (OSA)** is caused by obstruction of the upper airway during sleep, interrupting airflow and reducing blood oxygen levels. Common signs include loud snoring, gasping or choking during sleep. Sufferers stop breathing for 10 seconds or longer, up to hundreds of times per night, often reducing blood oxygen to dangerously low levels.

**More than 43 million Americans suffer from obstructive sleep apnea.**
- To put this in perspective, according to AAA, approximately the same number of Americans – 43 million – traveled for Thanksgiving in 2012.
- Over 85% of people with OSA don’t know it – yet this syndrome can be deadly
- OSA can occur in anyone, though it is more common in men, adults and obese patients
- Patients with OSA are at an increased risk of other chronic diseases and accidents:
  - 2x risk of stroke
  - 4x risk of mortality within four years
  - 5x risk of cardiovascular event
  - 7x risk of a motor vehicle accident (30% of accidents involving commercial truck drivers are sleep related)
  - OSA frequently coexists with obesity, depression, diabetes, stroke, hypertension and erectile dysfunction, and can cause or aggravate these conditions

**Home Sleep Testing is easier and more cost effective than Sleep Center Testing for many patients**
Approximately 3.5 million diagnostic sleep tests are ordered each year. An estimated 80% of these tests are appropriate for Home Sleep Testing, where the patient is able to complete a sleep study in the comfort and convenience of his/her own home.

- Home Sleep Testing eliminates waiting periods and improves test completion rates:
  - It can take several weeks to get an appointment at a Sleep Center; Home Sleep Testing can begin within 48 hours
  - Up to 15% of patients fail to make their appointment at a Sleep Center due to fear, inconvenience or delay in scheduling time
- The natural at-home sleep environment facilitates good quality sleep, improving test quality
- Home Sleep Testing is affordable – for both payers and patients – typically producing a 75% savings versus overnight in-facility testing

**The AccuSom® Home Sleep Test**
AccuSom is the only comprehensively supported home sleep test that provides continuous patient support and next-day test results and interpretation.

- Provides data immediately to the interpreting physician, via the Verizon Wireless Network, enabling improved speed to therapy
- Is easy to administer and more comfortable for the patient – all patients are contacted by a NovaSom expert and walked through instructions for set up; patients have access to a 24/7 hotline for testing support

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