



**James, age 29**

- Diabetes
- Snoring

Until recently, James controlled his blood sugar with his pills and exercise. Then his wife noticed him snoring and gasping in his sleep - and his diabetes became harder to control.

Sleep apnea treatment stopped his snoring. His blood sugar is controlled again, and he reduced the drugs he has to take.



**Rachel, age 35**

- Overweight
- Constantly Tired

Rachel was always tired, and often nodded off at work. And she dieted, but she kept gaining weight.

She then found out she has sleep apnea. And treatment helped control her weight, and has given her more energy.



**Brian, age 65**

- Heart Disease
- Impotence

Brian's pills are managing his blood pressure and heart disease, but not his daytime sleepiness or impotence.

His doctor had him tested with AccuSom. Treatment improved his energy and life. And his doctor said it would reduce his risk of heart disease and stroke.



**Mary, age 58**

- Post-menopausal
- Frequent Headaches

Mary was always in great health, but after menopause she became more tired. Her husband said she was snoring more, and she had headaches almost every morning.

She found out she had sleep apnea with the AccuSom Home Sleep Test. With treatment, she now feels as good as she did in her forties.

Models for illustrative purposes only.

**AccuSom**<sup>®</sup>  
HOME SLEEP TEST  
provided by NovaSom<sup>®</sup>

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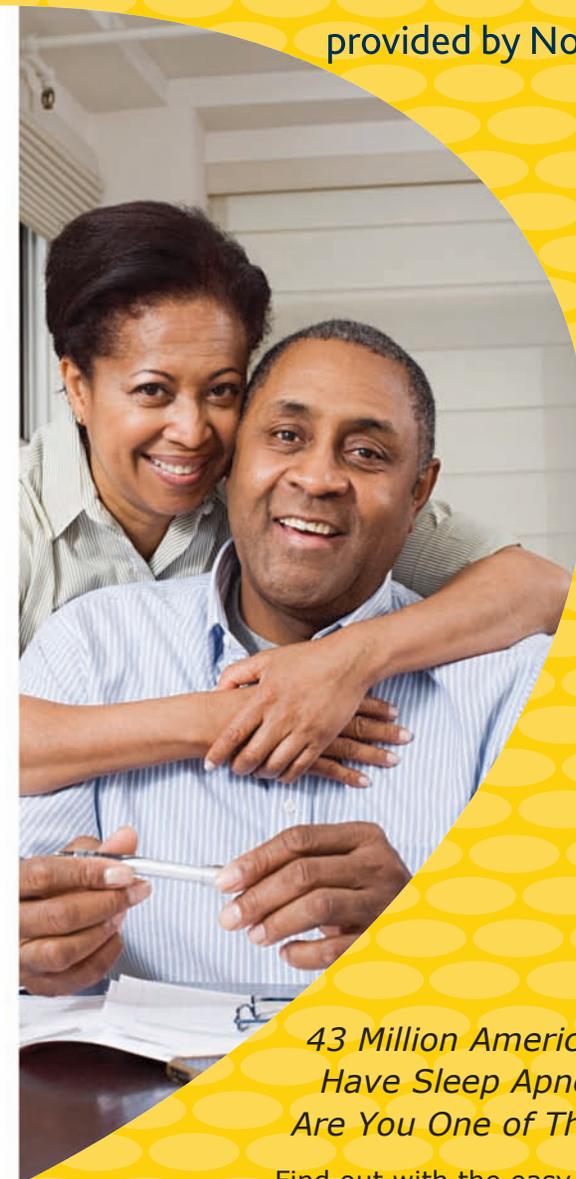
If you snore or gasp for air while you sleep, or you're always tired, you could have sleep apnea.

Ask your doctor about the AccuSom Home Sleep Test today.

*For more information visit  
[www.NovaSom.com](http://www.NovaSom.com) or  
call toll-free 1-877-753-3776*



NovaSom, Inc. has received full accreditation by The Joint Commission as an Ambulatory Care Sleep Diagnostic & Telehealth Center.



*43 Million Americans  
Have Sleep Apnea.  
Are You One of Them?*

Find out with the easy-to-use Home Sleep Test that is...

- Just as accurate
- More convenient
- Less expensive

...than lab testing.



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# A Bed Partner Is Often the First To Notice Signs of Sleep Apnea



## It's Your Health—Know the Facts

The dangers of sleep apnea are very real. People with sleep apnea stop breathing for more than 10 seconds at a time, up to hundreds of times per night. It robs the blood of oxygen and puts heavy stress on the heart and body.

The good news is that if you have it, you can take control and reduce your health risks. Your health will begin to get better within days of starting treatment.

## Good Sleep Is Good Health

Treating sleep apnea will help you sleep better and:

- Stay awake during the day
- Increase your energy and improve your mood
- Improve other conditions like high blood pressure, diabetes, and weight problems

Treatment of sleep apnea can also reduce the risk of death from:

- Heart disease
- Stroke
- Serious car accidents

## Talk to Your Doctor

If you have any of these signs of sleep apnea, your doctor may be able to help.

- Do you snore loudly?
- Are you always sleepy during the day?
- Have you been told that you stop breathing, choke, or gasp for air while sleeping?
- Do you often have morning headaches?
- Do you have a history of high blood pressure or diabetes?



Go to [www.NovaSom.com](http://www.NovaSom.com) for a brief video that will show how easy it is to use the AccuSom Home Sleep Test.

## The AccuSom Home Sleep Test Is A Better Option

If your doctor thinks you have sleep apnea, he or she may ask you to take a sleep test. In the past, most sleep tests were done overnight in a sleep lab.

But now, most people can test in the comfort and privacy of their own home. The AccuSom Home Sleep Test is a more convenient, less expensive way to find out if you have sleep apnea.\*

Your breathing, oxygen, and heart rate will be tracked for one or more nights. The test data is sent wirelessly to NovaSom for fast analysis. Your doctor will then review your results and any needed treatment with you.



**Find out in  
the comfort of  
your own home**