For your patients with obstructive sleep apnea (OSA)...

**Choose a Home-Based Strategy for the Diagnosis and Treatment of OSA**

- A randomized, multicenter clinical trial demonstrated that **unattended portable monitoring in the home** for diagnosis of OSA followed by auto-titrating CPAP (continuous positive airway pressure) was as effective as polysomnography (PSG) in a sleep lab followed by CPAP titration in terms of:
  - Acceptance
  - Adherence
  - Time to treatment
  - Functional improvements

**Results of the HomePAP Study**

<table>
<thead>
<tr>
<th>Study Parameters</th>
<th>Home</th>
<th>Sleep Lab</th>
</tr>
</thead>
<tbody>
<tr>
<td>PAP usage (nightly time at pressure)</td>
<td>4.7 ± 2.1 hr</td>
<td>3.7 ± 2.4 hr</td>
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<tr>
<td>Adherence (percentage of night used ≥ 4 hr)</td>
<td>62.8 ± 29.2%</td>
<td>49.4 ± 36.1%</td>
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<tr>
<td>Acceptance of PAP therapy</td>
<td>No differences</td>
<td></td>
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<tr>
<td>Titration pressures</td>
<td></td>
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<tr>
<td>Effective titrations</td>
<td></td>
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<tr>
<td>Time to treatment</td>
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<tr>
<td>ESS score change</td>
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</tbody>
</table>

- PAP usage was **1 hour greater** and adherence was **12.6% higher** in the home versus in a sleep lab

- An **integrated approach** of using a home sleep test for **diagnosis** and **auto-titrating CPAP** for treatment of patients with moderate to severe OSA is as effective as a sleep laboratory-based strategy

- The American College of Physicians Guidelines validate that **auto-titrating CPAP** therapy is as effective as CPAP therapy
AccuSom®
HOME SLEEP TEST

Reliable, Accurate Results When Compared With Polysomnography (PSG) in a Sleep Lab

- Peer-reviewed articles established the clinical accuracy of the AccuSom®* Home Sleep Test (HST), including acceptable apnea-hypopnea index (AHI) sensitivity and specificity, and night-to-night reliability, compared with PSG in a sleep lab- Overall AHI correlation to PSG: 96%
- AccuSom is an FDA-cleared Type III device measuring 5 channels (airflow, respiratory effort, heart rate, oxygen saturation, and snoring) as recommended by the American Academy of Sleep Medicine
- AccuSom provides 3 easy-to-apply sensors in 1 device with clinical accuracy comparable to sleep center testing

The AccuSom HST has clearly demonstrated that it is clinically accurate in diagnosing obstructive sleep apnea

Accredited by The Joint Commission as an Ambulatory Care Sleep Diagnostic & Telehealth Center

First to be approved by the American Academy of Sleep Medicine as an Out of Center Sleep Testing Supplier

Certified by Medicare as an Independent Diagnostic Testing Facility

More than a decade of experience in the HST market

*Only the AccuSom sensors and software were measured.