

## Test Yourself Now! Ask your doctor about SleepStrip

### Self Assessment Quiz

- Do you regularly feel un-refreshed, even after waking from a full night's sleep? Y/N
- Do you fall asleep easily during your waking hours, while at home or at work? Y/N
- Are you a loud, habitual snorer? Y/N
- Has your bed partner witnessed you choking, gasping, or holding your breath during sleep? Y/N
- Do you often suffer from poor concentration or judgment, memory loss, irritability and/or depression? Y/N
- Do you have high blood pressure? Y/N

NOTE: If you answered more than two of the questions positively, you should seek medical attention

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**Tired of waking up  
feeling that you did  
not get any sleep?**

**Does your spouse  
tell you that you  
stop breathing at  
night?**

**You may be at risk of  
Sleep Apnea**

## Sleep Apnea is a life threatening condition with most sufferers still undiagnosed.



### What is Sleep Apnea?

Obstructive Sleep Apnea (OSA) is a life threatening and life altering condition that occurs when a person repeatedly stops breathing during sleep, because his or her airway collapses and prevents air from getting into the lungs. Sleep is repeatedly disrupted by these apneas depriving OSA patients from the deepest and most restful stages of sleep. Apneas may occur more than 20 times every hour, so a person with OSA never feels rested and never has normal sleep. The lack of sleep effects daytime alertness and ones ability to function well. Often low oxygen levels are associated with OSA, and the effort required to breathe during the night, which puts a strain on the cardiovascular system. Ultimately, OSA takes its toll on the individuals quality of life and health.

### Do you have any of these symptoms ?

- Snoring, interrupted by pauses in breathing
- Gasping for breath at night during sleep
- Sleepiness during the day and fatigue
- High blood pressure
- Sexual dysfunction
- Restless sleep

### What can you do?

Consult your physician to see if he thinks that you may be at risk of OSA.

Your physician can prescribe a SleepStrip overnight screening test that is completed in your home.

SleepStrip is a disposable micro-processor device that you wear for one night while sleeping.

SleepStrip will measure the number of times you stop breathing during a normal night sleep (minimum 5 hour use) and indicates the severity and presence of OSA.

You will receive instructions on how to use the SleepStrip from your physician. After one nights sleep return it to your physician for the results to be read.

Your physician can use the results of the SleepStrip to help diagnose you.

**Test Yourself  
Now**