



Choose Apria for Quick and Easy Ordering Of Home Sleep Tests and Auto-Pap Therapy

Apria understands that for many patients it is difficult to find time in their busy schedule to drive to a sleep lab and stay overnight. A home sleep test allows for patients be evaluated for obstructive sleep disorders in the comfort of their own home.

Sleep disorders, including obstructive sleep apnea, have become a significant health issue in the United States. According to the American Sleep Apnea Association an estimated 22 million Americans suffer from sleep apnea, with 80 percent of the cases undiagnosed.¹

Benefits of Home Sleep Testing

Comfort. Home sleep tests can be self-administered by patients in the comfort of their own home. The familiar surroundings also help to replicate a patient's usual sleep routine.

Convenience. The testing device is delivered right to the patient's door with simple instructions and a toll-free support line.

Cost. Home Sleep Testing offers a cost-effective and highly reliable method of screening for and diagnosing OSA.²

Simple Steps to Order a Home Sleep Test

- 1** Prescriber performs an initial face-to-face clinical evaluation of the patient.
- 2** Prescriber completes an Apria home sleep test order form and faxes the form and all required documentation to 855-709-9967.
- 3** The patient completes the home sleep test in the comfort of his/her own home. Upon completion, the patient returns the equipment to the independent testing facility in the pre-paid postage envelope and the results are interpreted by a board-certified sleep physician.
- 4** A recommendation is faxed to both Apria and the prescriber, typically within 2 weeks of when initial contact with the patient is made.
- 5** If the patient requires a sleep therapy device, the prescriber may complete an auto-PAP therapy order form and fax it to Apria along with all required documentation, including a copy of the qualifying sleep study to 855-709-9967. Upon receipt, the order will be fulfilled.
- 6** All qualified obstructive sleep apnea patients are enrolled in Apria's Premium Care Sleep™ program.
 - Integrated device modems track real-time patient usage and treatment efficacy.
 - Patients at risk of being non-compliant are contacted by Apria to help resolve any issues.

Patients with significant co-morbidities such as severe COPD, chronic respiratory failure, or neurological issues should be considered for an in-lab sleep study.

1. Sleep Apnea Information for Clinicians. Copyright 2017 American Sleep Apnea Association. www.sleepeducation.org.

2. Minal R. Patal BA, Thomas H Alexander MD. MHS, Terence M. Davidson MD. Home Sleep Testing. Operative Techniques in Otolaryngology-Head and Neck Surgery Volume 18. Issue 1, March 2007, Pages 33-51