

THE PROCESS IS CONVENIENT!



① A physician office visit indicates that the patient may suffer OSA and an in-home sleep test is prescribed.

② Home sleep test kit is mailed to the patient's home, the patient applies the simple-to-use test kit, sleeps with it for one night, and ships the test back to Sleep Diagnostics at no cost to the patient.



③ A registered sleep technologist downloads and reviews the data and a board-certified sleep physician interprets the data and creates a report.

④ This report is faxed to the referring physician for a final treatment prescription.



⑤ The patient will be conveniently set up with their prescribed equipment by a trained professional.

Discover how to get
restful and restorative sleep
and **STOP** going through
life feeling **TIRED**.

Your One-Stop Solution to Sleep!

Call today

406.782.4595 BUTTE
406.449.8999 HELENA
855.449.8999 TOLL FREE

400 W. Granite, Butte MT 59701

900 N. Montana, Ste A9
Helena MT 59601

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Keith Popovich, M.D., DABIM-Sleep
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Yvette Worman, RRT, RPSGT

AASM Accredited

We are directed by Sleep Board Certified
Physicians and medically licensed staff.

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Shelley Schiavon, Co-Owner
Yvette Worman, Co-Owner



SLEEP DIAGNOSTICS, INC.



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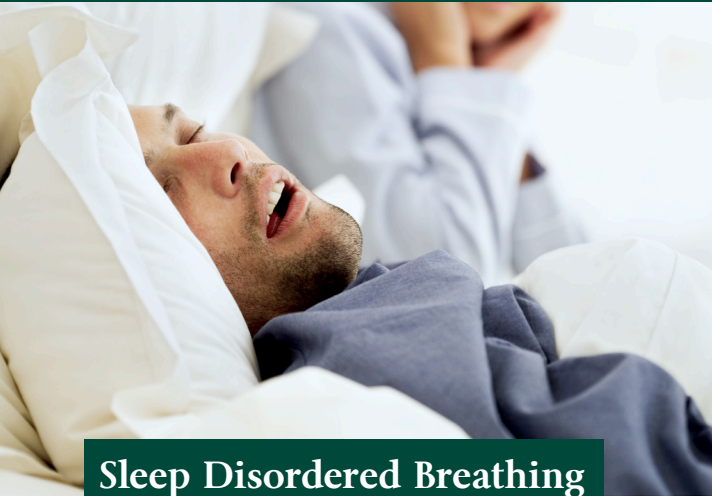


HOME SLEEP INNOVATIONS

Are you sick and tired
of being **TIRED...** no matter
how much **SLEEP** you get?

WE CAN CHANGE THAT!

Other than being just plain disruptive to your bed partner...



Sleep Disordered Breathing is a MAJOR HEALTH RISK!

Risks Include:

- Depression
- Heart Disease
- Diabetes
- High Blood Pressure
- Occupational Injury
- Congestive Heart Failure
- Obesity

Symptoms May Include:

- Excessive daytime fatigue
- Loss of mental clarity & sharpness
- Inability to lose weight
- Loss of productivity
- Restless sleep
- Waking unrefreshed
- Snoring

Benefits of Good Sleep to Your Health

- Increased energy
- Decreased irritability & moodiness
- Maintaining a healthy weight
- Decreased cortisol levels
 - Lower blood pressure
 - Reduced risk of heart disease
 - Controlled blood sugar levels
 - Decreased abdominal fat

The Treatment?

When you have sleep disordered breathing, your body senses a struggle to breathe that continually causes interruptions in your sleep so you will take an easier breath. This struggle can be anything from stopping breathing (APNEA) to a minor struggle for breath (SNORING). Your body is stressed by the struggle and the result is the same—restless and non-restorative sleep. The problem is one of mechanics. Your airway should be FULLY OPEN when you sleep and yours ISN'T! So how do we keep it open? We use CPAP (Continuous Positive Airway Pressure). Essentially we are splinting open your airway with air pressure. This is done with a small mask that can be worn just over the nose (nasal mask), just in the nose (nasal pillows), or over the nose and mouth (full face mask). The pressure applied to your airway keeps it open and allows you to breathe uninterrupted and that in turn allows you to finally SLEEP WELL!

HOME SLEEP INNOVATIONS provides significant...

✓ EMPLOYER BENEFITS

HOME SLEEP INNOVATIONS is your solution for treating your members who suffer with OSA. It's a simplified, cost effective way to save companies money on testing and treatment of OSA. Overall healthcare costs are significantly reduced and employee productivity increases when sleep apnea is treated.

✓ EMPLOYEE BENEFITS

Testing at home is convenient! Sleeping at home is comfortable! Patients have the benefit of working with sleep specialists through the whole process of testing and treatment. *HOME SLEEP INNOVATIONS* makes testing and treatment affordable.

✓ INSURANCE BENEFITS

Hypertension is estimated to cost \$24,000 per patient over 10 years and occurs in 73% of patients with untreated OSA. Type 2 diabetes is estimated to cost \$53,000 per patient over 10 years and occurs in 50% of untreated OSA patients. Patients on CPAP therapy cost your health plan 22.3% less than patients diagnosed and not on treatment.

Costs for the In Home Sleep Test are significantly lower than those using a sleep lab facility. It is smart business sense to utilize this responsible cost savings !

