**Transcript - Interview with Dr. Edward Moloney**

**What conditions or disorders do you treat in the Tallaght Hospital sleep clinic?**

* Obstructive sleep apnoea
* Central sleep apnoea
* Restless leg syndrome
* Narcolepsy

**What vital and non-vital signs do you record in a polysomnogram?**

* Sleep staging (EG recordings)
* EMG recordings (muscle tone)
* Chest and abdomen expansion
* Airflow/snoring videography

**What signs or combination of signs provide the biggest indicator of sleep apnoea?**

* Intermittent drops in SP02 levels at night
* Arousals
* Snoring
* Nocturia (frequent urge to urinate at night)
* Headaches and tiredness

**Do you provide at home monitoring for your patients? If so, what is involved?**

* Yes, measured over one night only. Patients are shown how to set up equipment in the clinic and sent home.
* Basic pulse oximetry (can produce false negatives)
* Limited sleep studies (bar EG): airflow, snoring, abdominal movements
* Under mattress sensor
* Atrigraphy (sensor worn on wrist to measure motor activity)

**How does at home monitoring compare to clinical tests in regards to accuracy?**

* Missing full sleep stages (REM, etc)

**How does at home monitoring compare to clinical tests in regards to patient comfort?**

* Clinical tests are inconvenient
* Patients generally more comfortable in their own home

**Do you know of any web/mobile applications which aid at home monitoring?**

* Sleep companies such as Medicare, Direct Medical and Baywater Healthcare already provide monitoring and results analysis through their CPAP machines (data is recorded in machine and brought to the sleep company for download).

**If there was a mobile application which integrated with accurate and affordable sensors, would you recommend it to your patients for @ home monitoring?**

* Why would the patient want to see the data? The raw data is interpreted by the sleep companies and sent to me.

**If your patients sleep data could be accessible to you online, would it be beneficial?**

* Yes, but that would require more work from me.

**Would data from @ home monitoring over a long period be of benefit to you? How would this compare to a more accurate one night clinical test?**

* CPAP machines already provide this functionality.

**Do you think it would be helpful to the patient to have a sensor which alerted them that they are sleeping in a position that could worsen their symptoms?**

* This is for supine sleep apnoea only, there are already positional devices available to prevent a patient from sleeping on their back without actively waking them.

**In regards to sleep apnoea specifically, what technology development do you wish would be available?**

* Sleep companies provide monitoring for doctors already.
* Patient data accessible to the doctor online.