



## ***I have been diagnosed with Sleep Apnea, now what?***

In today's world Sleep Apnea is the fastest growing and most prevalent sleep disorder. After the initial diagnostic process, you and your doctor will receive the necessary diagnostic data to derive a strategy for treatment.

### ***Examples of treatment options include:***

- CPAP (Continuous positive airway pressure) Machines
- Bi-PAP(Bi-level positive airway pressure) Machines
- Oral/Dental Appliances
- Sleep Positional Devices
- Surgical Management
- Weight Reduction and Nutritional Programs
- Exercise Programs
- Sleep Assisting Medications and Nutraceuticals

## ***Tips for a Good Night's Sleep!***

- AVOID ALCOHOL
- EXERCISE REGULARLY
- ESTABLISH CONSISTANT SLEEP AND WAKE TIMES
- SET ASIDE TIME BEFORE BED TO RELAX AND WIND DOWN
- AVOID OR REDUCE YOUR DAILY CAFFEINE INTAKE
- USE SALINE SPRAY TO KEEP NASAL PASSAGES OPEN WHILE SLEEPING



*For appointments and additional information including instructional videos and details regarding services and support please visit us at [www.REMSAI.com](http://www.REMSAI.com).  
For phone inquiries please call*

(619)229-7026  
6645 Alvarado Road  
Suite 4000  
San Diego, CA 92120



# REMSAI

*Home Sleep Diagnostics*

*REM Sleep*  
+  
*Sleep Apnea Institute*  
=  
**REMSAI**  
*Home Sleep Diagnostics*

*Visit our website:*

**[www.REMSAI.com](http://www.REMSAI.com)**

# REMSAI HOME SLEEP DIAGNOSTICS

## Common Sleep Disorders:

- Obstructive Sleep Apnea (OSA)
- Snoring
- Insomnia
- Narcolepsy
- Sleep Walking
- Restless Leg Syndrome (RLS)

## Do You Have A Sleep Disturbance?

Currently there are an estimated 40 million Americans who have obstructive sleep apnea (OSA). Of those 40 million living with OSA it is estimated that 90% remain undiagnosed.

Read the following items and check any that apply to you:

- I've been told that I snore
- I feel tired during the day despite sleeping through the night
- I have high blood pressure
- I get morning head-aches
- I've been told that I stop breathing periodically throughout the night
- I wake up gasping for breath during the night

If you experience any of these conditions, you may have a sleep disorder. Consult with your physician about getting a referral for a diagnostic sleep study.

## REMSAI Home Sleep Diagnostics Services

REMSAI Home Sleep Diagnostics offers affordable unattended home sleep diagnostic studies, focusing on service, value and accuracy. Our diagnostic testing utilizes some of the most advanced sleep diagnostic devices available, which are specifically designed to be used in the comfort of your home. After your study is performed and the machine is returned to REMSAI, the recorded raw data is then read, interpreted and scored by our multidisciplinary team of Doctors who specialize in sleep medicine. Once the study is interpreted and scored the results are then sent to you and the referring doctor where treatment options are assessed.

Our Services include:

- In Home Sleep Diagnostic Studies
- CPAP (Continuous positive airway pressure) Titration
- Bi-PAP (Bi-level positive airway pressure) Titration
- Prescriptions for CPAP/Bi-PAP

## Why REMSAI Home Sleep Diagnostics?

At REMSAI our sleep diagnostic process is performed from the comfort of your own home while resting peacefully in your bed. The entire process occurs during a normal night's sleep, typically 7 hours or less. Our machines are simple to use and come with easy to follow instructional brochures and videos. This means study results are obtained easily, are accurate and do not disrupt your normal bedtime routine.

- Affordability
- Testing comfort. Tests are conducted from the comfort of your own bed
- Comprehensive diagnostic report which includes recommendation for treatment
- Prompt patient scheduling,
- Results which are delivered to you and your doctor within 3-5 working days
- Our advanced diagnostic devices are small enough to fit in your hand, and comfortable to wear while sleeping
- Our Diagnostic Interpreters Specialize in Sleep Medicine
- Patient Satisfaction is our priority!

