The Complete Sleep Program: A Turn-Key Solution

1. Patient visit indicates OSA, physician prescribes At-Home Sleep Test. Test kit is mailed to patients home.

2. Patient wears easy-to-fit home testing device for one night, then ships unit to the Complete Sleep Program.

3. Sleep professional downloads sleep test results, which are reviewed by a sleep specialist M.D.

4. Reports delivered to referring physician for final diagnosis and prescribed treatment.

5. CPAP therapy conveniently delivered to patient’s home.

Discover how to get better sleep and improve the quality of your life in the privacy of your home.

GET THE SOLUTION. GET TO SLEEP.
The Complete Sleep Program

CALL US! 800-877-0618

OR VISIT
www.thecompletesleepprogram.com

You Can’t Sleep Without Us.

PO Box 165090, Salt Lake City, UT 84116-5090
Sleep Apnea Can be Treated

The standard treatment for sleep apnea is continuous positive airway pressure (CPAP) therapy. This therapy can greatly improve overall sleep quality and decrease the possibility of any health risks associated with OSA.

BENEFITS OF A GOOD NIGHT’S SLEEP:

By utilizing CPAP therapy, your quality of life will improve and you will benefit from finally having a good night’s sleep.

- Reduce stress – sleep loss results in irritability, impatience, inability to concentrate and moodiness.
- Improve your memory – sleep helps the brain commit new information to memory.
- Maintain a healthy weight – sleep deprivation causes weight gain.
- Increase safety – sleep debt contributes to a greater tendency to fall asleep during the daytime.
- Control Diabetes.
- Reduce the risk of heart disease – sleep disruptions are linked to hypertension, irregular heartbeat and elevated blood sugar.

The Complete Sleep Program

A Smarter Approach to OSA Diagnosis and Treatment

EMPLOYER BENEFITS:

The Complete Sleep Program is your solution for treating members with OSA. It’s convenient, cost effective and unique. This program is proven to save companies money. A recent survey of over 20,000 transportation employees demonstrated that those with OSA, who went untreated, were five times more costly than those employees who were properly treated.

EMPLOYEE BENEFITS:

Less hassle means more compliance. The home sleep test allows patients to sleep comfortably at home while yielding accurate test results. Patients will work directly with an on-staff sleep specialist and supplies are delivered right to their doors. The Complete Sleep Program makes treatment affordable and can increase the quality of the patients’ life.

INSURANCE BENEFITS:

Patients on CPAP therapy cost your health plan 22.3% LESS than patients diagnosed and not on treatment. Costs for the At-Home Sleep Test are significantly lower than those using a sleep lab facility. This program has proven results that health care costs may be up to 60% less and prescription costs may be up to 40% less for those individuals treated with CPAP therapy.

5 Questions to Ask that Could Indicate Sleep Apnea:

- Do you snore?
- Are you excessively tired during the day?
- Have you been told you stop breathing during sleep?
- Do you have a history of hypertension?
- Are you overweight?

“Yes” to three or more of these questions may indicate you are at risk for sleep apnea and should discuss with your doctor.

OSA is a potentially serious sleep disorder characterized by pauses in breathing during sleep. These pauses are called apneas. With each apnea event, the brain senses the inability to breathe and rouses you from sleep in order to resume breathing. In addition to causing labored breathing and snoring, sleep apnea leads to a poor night’s rest, which can lead to further problems, including:

- Daytime fatigue
- Depression/irritability
- High blood pressure
- Occupational injury
- Impaired cognitive ability
- Loss of productivity
- Loss of memory
- Inability to lose weight
- Congestive heart failure
- Stroke