If you have been diagnosed with sleep apnea and CPAP therapy is prescribed, our AASM accredited DME/CPAP facility can provide you with your CPAP machine and equipment. A summary of our program is outlined below:

If CPAP therapy is prescribed the patient will meet with a technician to be fitted for their appliance equipment. For a complete set up (CPAP and supplies), the appointment will take approximately 45 minutes to an hour. The patient will be provided all the orientation information they need in order to be successful and knowledgeable about how to properly use their equipment. A technician will call after 48 hours to do a follow up check on the patient and access any initial issues or concerns that may be present at that time. The CPAP clinic will take appropriate action to ensure all issues are fully satisfied.

Our Durable Medical Equipment program has achieved non-Medicare DME accreditation under the seal of the American Academy of Sleep Medicine.

SLEEP MATTERS 972-712-4141
www.MD4sleep.com

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WILL INSURANCE COVER MY VISIT?

We will make every effort to notify your insurance carrier and obtain pre-certification if approved by your insurance carrier. All personal financial responsibility for payment of unmet policy copays, deductibles and/or payments denied by your insurance carrier.

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Elevated blood pressure

Increased risk of heart attack
Traffic accidents and death

SYMPTOMS OF A SLEEP DISORDER
• Insomnia
  • Memory problems
  • Seizures
• Daytime sleepiness
  • Poor concentration
  • Blood
• Snoring
  • Confusion
  • Pressure
• Apnea
  • Sleep walking
  • Stroke
• Leg kicks
  • Nightmares
  • Parkinson’s
• Inability to sit still
  • Headache
• Chronic fatigue
  • Unusual events

RATE YOUR SLEEPINESS
How likely are you to doze off or fall asleep in the following situations in contrast to just feeling tired?
CHANCE OF DOZING – 0=Never, 1=Mild, 2=Moderate, 3=Severe

<table>
<thead>
<tr>
<th>Situation</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sitting &amp; reading</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
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<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<td>2</td>
<td>3</td>
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<tr>
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<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Lying down to rest in the afternoon</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Sitting and talking</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Sitting quietly after lunch</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>In a car, while stopped for a few minutes in traffic</td>
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HEALTH RISKS OF POOR SLEEP
• Elevated blood pressure
• Increased risk of stroke
• Increased risk of heart attack
• Traffic accidents and death

WHAT SHOULD I EXPECT?
The testing is painless. Small surface electrodes are placed on the head, chest and legs, and monitors over the nose, throat and chest wall. The technician will monitor the recordings, including using infrared cameras from an adjacent area during the entire night.
The study will conclude the next morning at about 6 a.m. The technician will be readily available should you need any assistance. Typically, one technician monitors two patients. However, at times there is only one patient; and should gender selection be a concern, we will reschedule your study.

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