

## HOME SLEEP TESTS FOR SLEEP APNEA

Medigas Manitoba Limited is pleased to offer Home Sleep Tests for Sleep Apnea. We have been serving Manitobans for over 40 years and are a leader in Sleep therapy. Our registered Respiratory Therapists and Board-Certified Sleep Technologists are here to help!

Medigas' Home Sleep Test is suitable for your patients who snore loudly, are tired during the day, have been told they stop breathing when they sleep or have high blood pressure. Sleep Apnea affects both men and women. Symptoms include excessive daytime sleepiness, poor concentration or forgetfulness, morning headaches, nocturia, night sweats and depressed mood. If your patient has two or more of these symptoms, they may benefit from a Home Sleep Test.

You will be required to complete the Home Sleep Apnea Test Referral form (downloadable from the Medigas Manitoba Limited website and available in the Accuro EMR). Once the referral has been received, the test can be done immediately. There is no waiting and the test is done in the comfort of the patient's own home. The results will be sent to a Specialist for interpretation. If your patient does have Obstructive Sleep Apnea, treatment can be started without delay.

### Advantages of a Medigas Home Sleep Test for Sleep Apnea:

- Medigas uses a preliminary screening tool to ensure that this is the most appropriate test for your patient. You will be notified if your patient would be better suited for an overnight sleep test at the Sleep Disorder Centre.
- The low cost for the test.
- The sleep study download is scored by a Board Certified Polysomnographer Technologist.
- Medigas uses state of the art diagnostic equipment. The device monitors snoring, respiratory effort, heart rate, blood oxygen levels and body position while the patient is sleeping. The device alerts the patient if any of the sensors are not in position, reducing the need for a re-test.
- Medigas performs Home Sleep Testing at their 3 locations – 2 in Winnipeg and 1 in Brandon. Dependent on demand, Medigas may be able to do home sleep studies in your community.

If you think that your patient will benefit from a Home Sleep Apnea test, please don't hesitate to contact our office for further information. Our goal is to ensure that your patient gets the best sleep possible!

**Thank you**

**Head Office:**

150 McPhillips St.  
Winnipeg, MB R3E 2J9

**Respiratory Wellness Centre (Winnipeg)**

699 Broadway  
Winnipeg, MB R3G 0X2

**Respiratory Wellness Centre (Brandon)**

1711 Kirkcaldy Drive, Unit C4 (Paddock Mall)  
Brandon, MB R7A 0B9