

An estimated 43 million Americans suffer from breathing problems in sleep, and as many as 80% are undiagnosed.



Sleep apnea makes it difficult to function. The fatigue can be overwhelming. Everyone else suffers, too, as a result of the loud snoring, the irritability, and the potential to fall asleep while driving.

Don't ignore the signs any longer. If you or someone you know may be suffering from sleep apnea, it's time to know for sure. Evaluation and treatment options are easier and less costly than ever before and can potentially save thousands in avoidable healthcare costs in the future. Loud snoring is nothing to laugh about. It's time to do something about it.

## Diagnostic Self-Quiz

If you think you or someone you know may suffer from sleep apnea, answer the five questions listed below. If the answer is "yes" to at least one question, an evaluation is in order.

- 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 or diabetes that have been difficult to control?
- Do you ever wake up with a headache?



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# Do you snore? Are you always tired?



## You don't have to suffer any longer.

### Home testing now available!

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## Home Sleep Testing Solutions

### Treating your sleep apnea can improve your health and increase your energy.

#### Are you at risk?

If you snore regularly and experience constant daytime sleepiness, you may have a condition called "sleep apnea". Although it is as widespread as asthma and diabetes, sleep apnea often remains undiagnosed.

#### Signs and symptoms

- Extreme tiredness
- Frequent snoring
- Irregular, gasping, or shallow breathing during sleep
- Morning headaches
- Depression or irritability
- Difficulty concentration
- High blood pressure
- Inability to lose weight

#### What is sleep apnea?

Sleep apnea is a general term for breathing problems that occur during sleep. People with sleep apnea stop breathing during the night, sometimes up to 100 times an hour. These pauses last from 10 seconds to 3 minutes, yet the person is unaware it is happening. Each event causes a strain on the body and disrupts sleep, causing difficulty functioning the next day.

#### Why is it important to treat sleep apnea?

Patients often come to accept the sleepiness and other symptoms as part of life, or blame other things which are beyond their control. They don't realize how close they really are to actually feeling better.

Ignoring it can be dangerous, putting the patient and others at risk for traffic accidents. Untreated sleep apnea puts on at risk of serious health problems such as high blood pressure, heart disease, stroke, diabetes and depression. Sleep apnea treatment has been shown to reduce blood pressure, improve glucose control in diabetics, and give you more energy to get on a path to a healthier lifestyle.

#### What is the treatment for sleep apnea?

The most common treatment for sleep apnea is continuous positive airway pressure (CPAP) therapy. CPAP therapy is safe, easy and does not involve drugs or surgery. Once you begin CPAP therapy, you may feel relief from your symptoms and have more energy right away.

#### How do I find out if I have it?

If you suspect you may have sleep apnea, talk to your doctor. He or she can help you determine how likely it is that you have it based on simple assessment.

If so, you may be a candidate for a new type of test called a Home Sleep Test. Virtuox will have the device delivered right to your door and make it easy for you to return it by regular mail. Technicians are available for questions at any point during the process.

The testing device is lightweight, will fit in the palm of your hand and is worn attached to a belt. It will arrive with all of the sensors pre-connected and ready to put on, one for your finger and one that fits under your nose.

Your doctor will get the report as soon as the device arrives back at the Virtuox office. Within a few days, you will be on your way back to doing the things you enjoy without the exhaustion related to missed sleep.



Virtuox Inc. has received full accreditation by The Joint Commission as an Ambulatory Care Sleep Diagnostic Center.

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