



EASMED

Your Partner In Snoring And Sleep Apnea Management



Home Sleep Study

A sleep study is a test that records the body activity during sleep so as to diagnose sleep disorders. This is traditionally done in the hospital with an overnight test in the sleep lab.

A home sleep study is a simple form of in-lab hospital sleep study where the patient can sleep with the test device at the comfort of their home, an environment that is familiar and better reflects the actual sleeping habits and pattern of the patient.

Who is it for?

A home sleep study for anyone who suspects that they may be suffering from sleep apnea.

What to expect?

Easmed utilises WatchPAT 200 device for our home sleep studies. All you need to do is to sleep one night with WatchPAT 200, a wrist strapped device and your physiological changes will be recorded, subsequently downloaded for analysis. A report will then be generated for you. Our professional support specialist will guide you on the pre-test measures and usage of the device. They will also have the machine delivered and collected from your house for your convenience.

What can I find out from the sleep study?

You will be able to know the severity of your snoring and sleep apnea condition, and at what sleeping positions does snoring and oxygen intake become worse? What is the amount of oxygen level your body receives when you are sleeping, whether you are getting enough time spent in the different stages of sleep, etc...

What to do after the sleep study?

A report will be generated and if it is a positive test, you can visit a sleep doctor with it to find out what treatment options you have for your condition.

