

Comparing Patient Process for Sleep Apnea Diagnosis & CPAP Therapy

Traditional		eSNORE & SLEEP	
Visit Primary Care Physician for referral to Sleep Specialist.	2 Hours	Review personal health history over the phone or video chat with our physicians. If appropriate, an RX for a Home Sleep Test is processed.	15 Minutes
Visit Sleep Specialist to review personal health history. If appropriate, receive RX for in-lab Overnight Sleep Test.	2 Hours	N/A	
Visit Sleep Disorder Lab for an overnight test. Most require additional sensors to the scalp and face for EEG and leg straps for Periodic Leg Movement.	10 Hours	Receive a comfortable 3 sensor, Home Sleep Test unit. Technicians available 24/7 to provide help. Results transmitted remotely to assure accuracy.	
Visit Sleep Specialist to review first Sleep Test results. If appropriate, receive RX for Overnight CPAP Pressure Setting Sleep Test at Lab.	2 Hours	Review Home Sleep Test results with physician over the phone or video chat. If appropriate, an RX for an Auto Pressure Adjusting CPAP is transmitted to a local provider.	15 Minutes
Visit Sleep Disorder Lab for Overnight CPAP Pressure Setting Sleep Test.	10 Hours	Our local Home Medical Equipment affiliate will meet you at your home to provide Auto CPAP therapy.	
Visit Sleep Specialist to review results and receive RX for CPAP Device.	2 Hours	Our physicians will be available to review compliance, make CPAP adjustments remotely and refer you to other therapies if necessary.	15 Minutes
Most insurance companies require follow-up physician visits to prove compliance to continue paying CPAP rental.	2 Hours	N/A	
Total Time from Home	30 Hours	Total Time from Home	0 Hours
Number of Dr. Office Visits	4	Number of Dr. Office Visits	0
Number of Sleep Lab Visits	2	Number of Sleep Lab Visits	0
Typical time to complete	3 to 4 Months	Typical time to complete	5 to 7 Days

This comparison is an estimation of the “Traditional” process for most patients with insurance. Insurance plans may require more or less steps. The time estimated includes the time to leave home or work and arrive back there. It does not include additional time required to schedule appointments with physician offices or sleep labs.