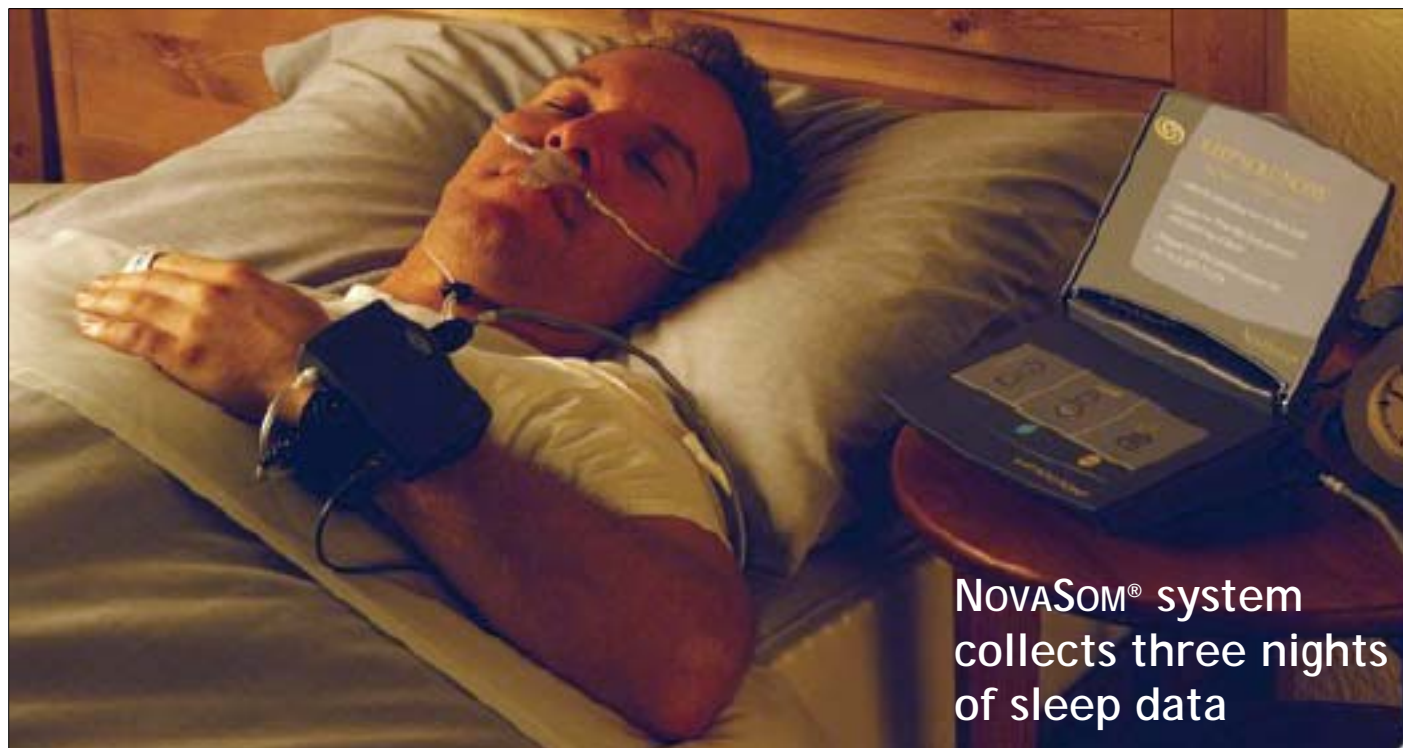


Taking a Home Sleep Study...What to Expect



Take in the Comfort of Your Own Home

Your doctor has determined that you should complete a NOVASOM home sleep study. This means you are one of millions of Americans who may be snoring or having trouble sleeping. The sleep study will simply measure your breathing and oxygen levels over several nights. Your doctor will review your sleep study results and determine if you have Sleep Apnea, a common sleep disorder, and if you would benefit from treatment.

Rest Easy, the Study is Simple to Complete

- 1 Sleep Solutions will contact you. A Sleep Solutions representative will call you and arrange a convenient date for you to start your sleep study. You will receive a package at the address of your choice with all you need to conduct your NOVASOM home sleep study.
- 2 Conduct three night sleep study. Voice prompts help guide you through the simple set-up procedure each night. You will receive additional support from Sleep Solutions representatives via telephone who are also available 24/7 to assist you as needed. The NOVASOM sensors you wear will not disturb your sleep.
- 3 Sleep Solutions sends results to your doctor. When you complete your sleep study, just place the system back in the original shipping box and use the pre-paid shipping label to return the system. Sleep Solutions will analyze your study results and send a comprehensive report directly to your doctor.

Sleep is Essential to Your Health

Sleep Apnea, if not diagnosed or treated, can have a serious effect on your health and well-being. If your breathing is being disrupted during sleep, both you and your doctor need to know. The good news is that Sleep Apnea can be treated easily. Sleep Apnea treatment benefits may help you:

- Stay awake throughout the day
- Increase your energy
- Help your heart work better
- Lower your blood pressure

*To schedule your NOVASOM sleep study now or learn more,
contact a Sleep Solutions representative toll free at 1-877-753-3775*

