You may have a obstructive sleep apnea if you have one or more of the following symptoms:

___ Excessive daytime sleepiness
___ High blood pressure
___ Unrefreshing sleep
___ Difficulty falling asleep
___ Difficulty arising in the morning
___ Nighttime sweating
___ Abrupt awakenings by gasping or choking
___ Awakening with a dry mouth or sore throat

___ Morning headache
___ Witnessed apnea (stop breathing)
___ Difficulty staying asleep
___ Cough disturbing sleep
___ Decreased libido
___ Loud snoring

If untreated, possible long term side effects of OSA are:
Easy setup for Home Sleep Testing

Alice NightOne offers simple, reliable sleep testing in the comfort of your own bed. The smart guide sequence easily guides you through the setup process and provides feedback.

Sleep Center staff provides instructions on home testing set-up, as well as a small recording device that is returned to the sleep center the next day. The home test consists of a nasal cannula to measure breathing, a belt on your chest to record breathing effort, and an oxygen monitor on your finger. For many patients, this home sleep study provides the information necessary to diagnose obstructive sleep apnea. Talk to your physician about whether your medical history and insurance are appropriate for in-home sleep testing.