

Frequently Asked Questions & Educational Information

What is OSA?

Obstructive sleep apnea is when your airways have a physical blockage that prevents oxygen getting into your lungs while you sleep; essentially you stop breathing for a period of time while you're sleeping. It is estimated that 22 million Americans suffer from sleep apnea, 80% of which are undiagnosed.

Common terms

Apnea-Cessation of airflow, (stop breathing)

Hypopnea-Slow, shallow breathing that can disrupt sleep with a reduction in airflow for ≥ 10 seconds with a decrease in oxygen saturation.

ODI-Oxygen Desaturation Index, is a calculation of times in a night where your oxygen levels fall by 3% or greater within a specific time frame. ODI has been clinically proven to have a 92% correlation to AHI (Apnea Hypopnea Index)



What are symptoms of OSA?

- | | |
|---------------------------------|---------------------------------------|
| -Excessive daytime sleepiness | -Loud snoring |
| -High blood pressure | -Type 2 diabetes |
| -BMI over 25 | -Not feeling refreshed after sleeping |
| -Can easily fall asleep | -Waking up with a dry mouth |
| -Nocturnal choking and coughing | -Restless sleep/heavy sweating |
| -Intellectual deterioration | -Nocturia |
| -Atrial Fibrillation | -Arrhythmias |
| -Memory loss | -Gastroesophageal Reflux Disease |

YOU HAVE SEEN YOUR BED PARTNER STOP BREATHING?

What are ways to test to see if I have OSA?

The most comfortable way to test and see if you have sleep apnea is through VirtuOx Inc. Home Sleep Testing program. Our mail order Home sleep test is comfortable, low cost, and simple to use. Go to WWW.VIRTUOX.NET or call 877-337-7111 to learn more.

What are common ways to treat sleep apnea?

The most common way to treat sleep apnea is through PAP therapy. PAP therapy is the gold standard to treat sleep apnea. PAP therapy uses positive airway pressure to keep your airways open to prevent obstructions. To learn more about PAP therapy options visit www.hdmusa.com or call 855-HDMUSA9 (436-8729)

Call Toll-Free 877-337-7111



VPOD Apnea Watch, a VirtuOx Pulse Oximetry Device

OSA treatment validation

Patients that are presently on home oxygen, PAP therapy, or oral appliance receive their treatment based on 1 or 2 nights of examination. Each night these same people can sleep in a different position, consume alcohol, or do a number of different activities that can effect how you sleep and your body's sleep breathing.

Examining yourself frequently with the VPOD Apnea Watch, is a simple, non invasive way to test yourself, and see how your sleep disorder breathing is being treated, most importantly, if that treatment is effective by viewing your ODI.

Why should I know my ODI?

Patients receiving treatment for their OSA would highly benefit from reviewing their night to night data to see if their treatment is effective or if their ODI is increasing which would mean a need for further evaluation.



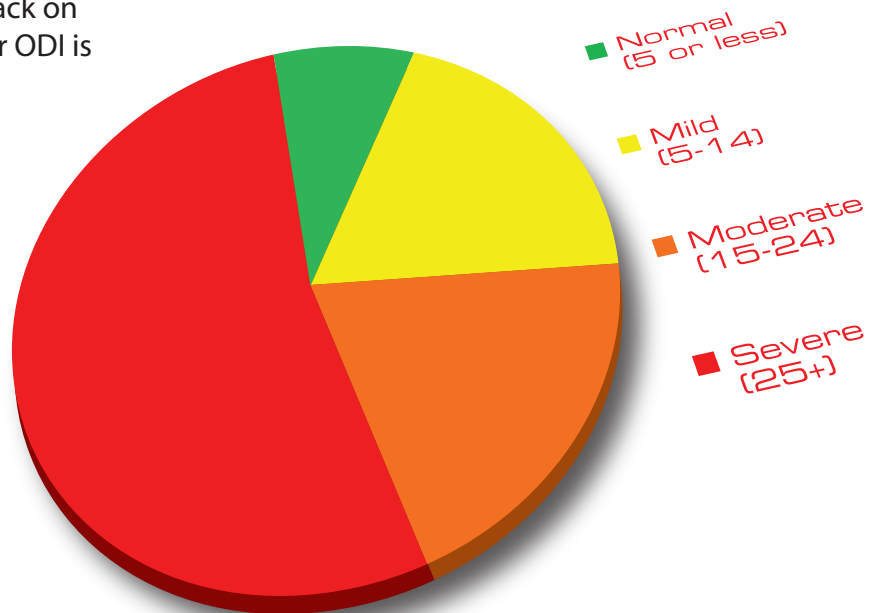
How do I use the VPOD Apnea Watch to see if my treatment is effective?

Follow these steps!

- 1-Put device on your wrist and turn on with finger sensor on your finger
- 2-Go to sleep
- 3-Wake up and turn the device off then back on
- 4-Go to the main menu and see what your ODI is

It's that simple!

ODI ranges for severity of possible Sleep Apnea



* If your ODI is 5 or greater, please contact your treating physician to further assistance.

Call Toll-Free 877-337-7111

