



Nevada
Sleep Diagnostics

www.NevadaSleep.com

Improving Sleep Health for Over 26 Years



Why choose us?

- Over 25,000 sleep studies performed
- Setting the standard in Home Sleep Testing
- Board-certified sleep physician
- Sleep credentialed staff
- We personally score and interpret your results.



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Get Started Now

- Complete a Home Sleep Test Application at:
www.NevadaSleep.com
- Or fill out the questionnaire on the back and fax it to:
(702) 990-7665



For More Information:

Las Vegas Area: (702) 990-7660

Reno Area: (775) 851-8282

ARE YOU *Always* TIRED?



*A Home Sleep Study
can show you WHY*



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Why is healthy sleep important?



Quality, healthy sleep reduces risk of:

- Heart disease
- Stroke
- Diabetes
- Hypertension
- Obesity
- Depression
- Snoring
- Early death
- Loss of productivity
- Workplace and motor vehicle accidents
- Excessive daytime fatigue
- Cognitive dysfunction
- Morning Headaches
- Polycythemia Vera
- Abnormal thyroid function



If any of these concern you, you are likely to from a home sleep test.

Height (inches)		Weight (pounds)	Neck Size (inches)			
“STOP” SLEEP SCREENER	S (Snore)	Do you snore?		Yes <input type="checkbox"/>	No <input type="checkbox"/>	
	T (Tired)	Do you feel fatigued during the day?		Yes <input type="checkbox"/>	No <input type="checkbox"/>	
	O (Obstruction)	Have you been told you stop breathing at night – OR – Do you gasp for air or choke while sleeping?		Yes <input type="checkbox"/>	No <input type="checkbox"/>	
	P (Pressure)	Do you have high blood pressure – OR – Are you on medication for high blood pressure?		Yes <input type="checkbox"/>	No <input type="checkbox"/>	
“BANG” SLEEP SCREENER	B (BMI)	Is your body mass index greater than 28? <i>(You can calculate this online)</i>		Yes <input type="checkbox"/>	No <input type="checkbox"/>	
	A (Age)	Are you 50 years old or older?		Yes <input type="checkbox"/>	No <input type="checkbox"/>	
	N (Neck)	Are you a: male with a neck circumference greater than 17” – OR – a female with a neck circumference greater than 16”?		Yes <input type="checkbox"/>	No <input type="checkbox"/>	
	G (Gender)	Are you a male?		Yes <input type="checkbox"/>	No <input type="checkbox"/>	
EPWORTH SLEEPINESS SCALE	How likely are you to doze or fall asleep in the following situations? This refers to your usual way of life. Even if you have not done some of these things, try to imagine how they would affect you.					
		Situation	Chances of Dozing			
	0 = Never	Sitting and Reading	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
		Watching TV	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
	1 = Slight	Sitting in a public place (theater/meeting)	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
		As a passenger in a car for an hour	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
	2 = Moderate	Lying down for a rest in the afternoon (when circumstances permit)	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
		Sitting and talking to someone	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
3 = High	Sitting quietly after lunch without alcohol	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	
	In a car. Stopped for a few minutes in traffic.	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	
Score: 0—7: Normal range 8—11: Borderline 12—24: Excessive daytime sleepiness			Total Epworth Score (Sum):			

If you score 8 or above:

1. Fax this page to **(702) 990-7665** Or fill an application at www.NevadaSleep.com
2. We will review your screening or application and call you to discuss your insurance info and next steps, including scheduling you for a Home Sleep Test.
3. We will then review your results with your doctor.



The Joint Commission



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