

Eden
Sleep



onesleeptest

Healthy sleep is worth testing for

If you **snore**, have **morning headaches** or experience **daytime sleepiness**, you should check up on your sleep.



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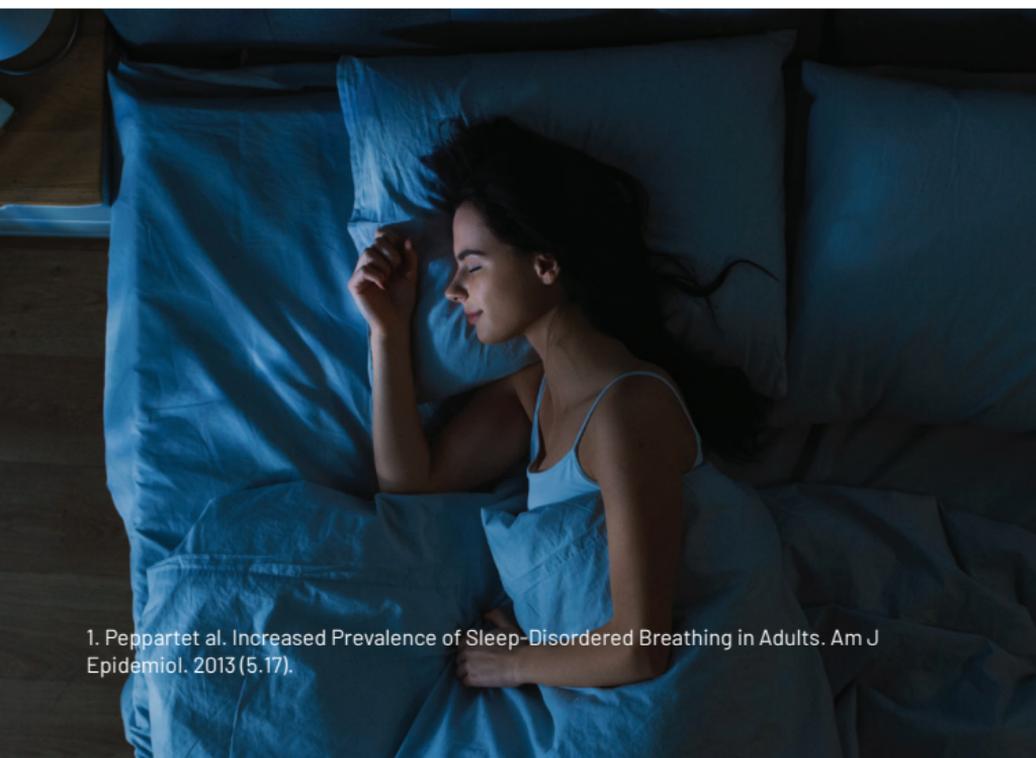
Common symptoms of sleep apnea

If you snore regularly and experience constant daytime sleepiness, you may be at risk of having a sleep disorder known as sleep apnea. Many people have sleep apnea, but may not even know it.

In fact, it affects approximately 20% of women and 35% of men, so it's more prevalent than you might think.¹

The most common type of sleep apnea is obstructive sleep apnea (OSA), and it is important to recognise some of the symptoms, which include:

- **Snoring**
- **Depressed moods**
- **Headaches**
- **Forgetfulness**
- **Poor focus**
- **Lack of energy**
- **Tiredness**
- **Mood swings**



1. Peppart et al. Increased Prevalence of Sleep-Disordered Breathing in Adults. Am J Epidemiol. 2013 (5.17).

Assess your sleep with onesleeptest

We spend on average a third of our lives sleeping, so why not spend a little time to see if you're doing it right?

onesleeptest is a quick and reliable home sleep test that you can use to assess your sleep quality and whether you have sleep apnea or not.

- ✓ **TGA approved in Australia**
- ✓ **Results assessed by a certified sleep physiologist* and emailed to you within 3-5 working days**
- ✓ **A multi-night home sleep test**
- ✓ **No wires or complex setup**
- ✓ **Sleep physiologist* consult included**



\$25 OFF

when you use promo code

OSTMedi

See back cover for more details

Receive **\$25 OFF** when you book a home sleep test with EdenSleep[†]

Call us on 0800 333 675
or go to edensleep.co.nz
and enter '**OSTMedi**' at
check out.



Book a home sleep test today

EdenSleep

[†] T&Cs apply. Offer valid until 31st December 2021. * Sleep physiologists are registered health professionals who will talk to you regarding your sleep report however they cannot provide medical advice. We recommend you continue to consult your doctor.

About EdenSleep

As New Zealand's largest private sleep health provider, we have spent over twenty years helping Kiwis sleep better. Over that time, we've learned that healthy sleep can change everything.

So from diagnosis to treatment and support, no matter where in New Zealand you are, we are here to help you get the rest you need. Below are some of the services we provide:

- **Home sleep testing**
- **Snoring treatments**
- **Sleep apnea therapy**
- **Sleep health consults**



Take the Rest Test

Simply answer the following questions and then add up the number of times you answered 'yes'.

Yes

Do you snore?

Has anyone ever noticed you stop breathing for a short time during your sleep?

Do you usually feel very tired during the day?

Are you over 50 years of age?

Is your neck circumference greater than 40 cm?

Are you male with a waist circumference over 102 cm?

Are you female with a waist circumference over 88 cm?

Do you experience forgetfulness and difficulty concentrating?

Have you experienced moodiness, irritability or depression?

TOTAL 'YES' ANSWERS

If you answer 'yes' to three or more of these questions, speak to EdenSleep to find out if you may be at risk of having sleep apnea. **Call us on 0800 333 675 and mention 'MediBoard' or visit [edensleep.co.nz/always-tired](https://www.edensleep.co.nz/always-tired) for more information.**

While snoring and tiredness may not seem serious, sleep apnea can cause other health problems, so it's important to see your doctor and discuss ways to lower your risks.