

## Wake Up to Sleep Apnoea

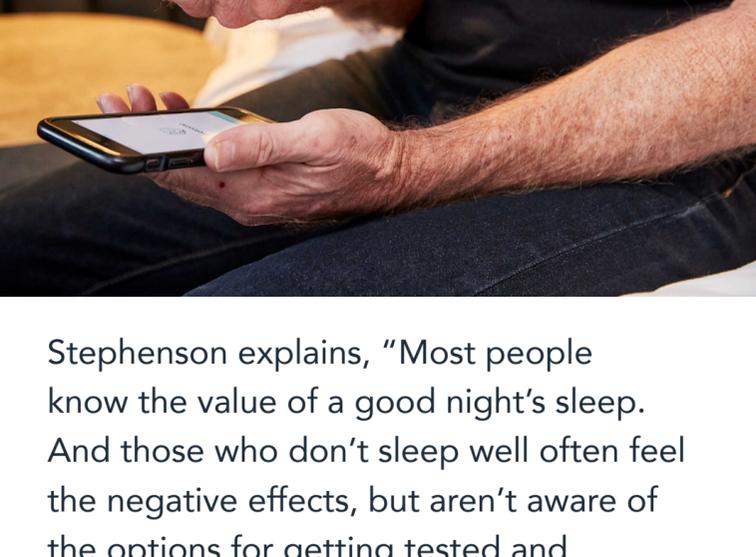
It has never been so easy to have a sleep test

**S**leep apnoea is one of the most common sleep disorders in New Zealand affecting 25% of men and 10% of women.

That could be thousands of Kiwis with some degree of sleep apnoea but up to 80% may be living with it unaware and undiagnosed.

“Sleep apnoea can go undetected for years as it occurs during sleep,” says ResMed clinical sleep physiologist, Tim Stephenson. “Therefore, many are not aware they have the condition but wonder why they wake up feeling unrefreshed and with no energy.”

A new at-home sleep test, onesleeptest, from ResMed, in collaboration with EctoSense, is a simple and effective test that can accurately diagnose sleep apnoea in the comfort of your own bed, with no doctor’s referral necessary.



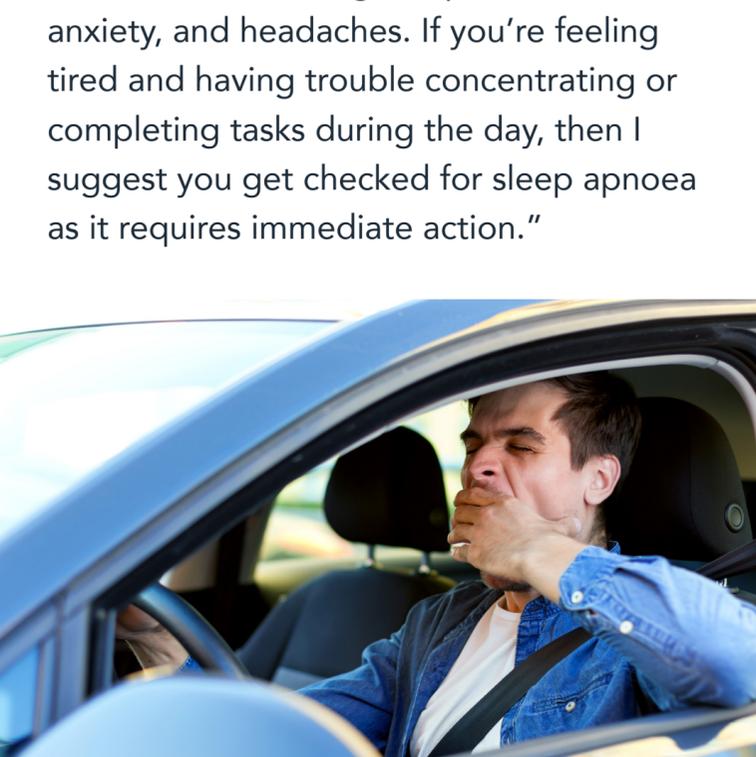
Stephenson explains, “Most people know the value of a good night’s sleep. And those who don’t sleep well often feel the negative effects, but aren’t aware of the options for getting tested and getting help.

“An at-home sleep apnea test is a great choice for busy people who don’t want to leave their house for a night or those living in rural or remote areas. We also need to think about people who may not be comfortable on medical premises. With onesleeptest we are making it easy and convenient for people to get tested from the comfort of their home.”

The onesleeptest kit includes a sensor that attaches to the index finger and is used for three consecutive nights. After the third night, the user disposes of the sensor and receives an emailed report outlining the results of the test. From there, they can schedule their included phone appointment with a ResMed Sleep Coach who will help them understand their results and talk about treatment options or direct them for medical advice when required.

Internationally recognised sleep expert, Dr. Carmel Harrington, says, “The world today is very focussed on health and health maintenance, including optimal immune function, and quality sleep is key to this.

“While snoring can be the first sign that something’s not right, there are other signs to look out for as sleep apnoea can present differently in each person. Symptoms include daytime tiredness, insomnia, restless legs, depression, anxiety, and headaches. If you’re feeling tired and having trouble concentrating or completing tasks during the day, then I suggest you get checked for sleep apnoea as it requires immediate action.”



### Dr. Carmel Harrington’s sleep apnoea warning signs to look out for:

- Often feeling excessively tired during the day
- Having trouble focussing and making decisions
- High blood pressure
- Snoring
- Stopping breathing while asleep
- Waking up with a dry or sore throat in the morning
- Headache in the morning
- Mood swings and irritability
- Nighttime sweating
- Decreased libido

The onesleeptest works together with the **NightOwl app** on a smartphone. It can be purchased online at [Edensleep.co.nz](https://www.edensleep.co.nz) and costs \$145.

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