

Dubuque Neurology and Sleep Medicine, P.C.

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We offer **Home Sleep Apnea Testing**

- A low-cost, easy way to test for sleep apnea
- Reliable and accurate
- Almost no waiting
- Done in the convenience of your home

Who should consider Home Sleep Apnea Testing?

- People who need to be tested for their **commercial driver's license**
- People who have risk factors for sleep apnea:
 - Loud snoring
 - Sleepiness in waking hours
 - High blood pressure
 - Diabetes
 - Difficulty with concentration or memory
 - Depressed mood or irritability

If the Home Sleep Apnea Test shows sleep apnea, what can be done about it?

- This test meets insurance qualifications for treatment
- We offer consultation and treatment by a **board-certified specialist in Sleep Medicine**

Is there any other way to screen for sleep apnea or sleep disorders?

- We offer a simple, limited screening at no charge that includes
 - A home recording of nasal air flow
 - Questionnaires to identify problems with sleep