

INSOMNIA - THE MOST PREVALENT & **UNDIAGNOSED** SLEEP DISORDER.



HOME SLEEP TEST

NEW INNOVATIVE TOOL TO IMPROVE YOUR INSOMNIA DIAGNOSTICS

■ ■ ■ Made in Germany



NEUROdiagnostics
A division of SOMNOmedics

Convenient sleep recording in your home



THE DOCTOR

The patient is given the Home Sleep Test (HST) to pre-screen for any potential underlying sleep disorder, especially insomnia.



THE PATIENT

The HST is so easy to use that the sensor can be applied by the patient in the comfort of their own home.



THE TABLET

The tablet will guide the patient through the sensor application. The test will start and the tablet will record all the data, from the sensor, via Bluetooth.



THE CLOUD

As soon as the sleep study is finished, the data will be transferred from the tablet to our cloud analysis platform.



THE REPORT

The measurement is processed and a report will be made available. The scoring can be verified by the doctor based on the recorded signal data.

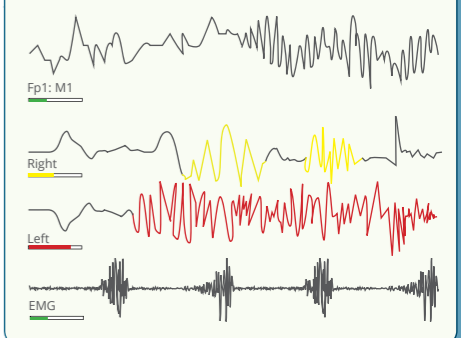


11 signals

EEG*
Frontopolar application Fp1:M1

EOG
Left/right eye movement

EMG
Muscle tone

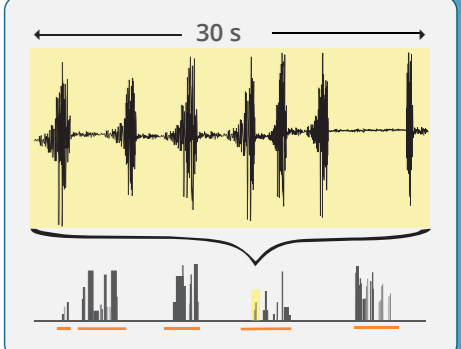


IMPEDANCE
To determine signal quality during the duration of the recording

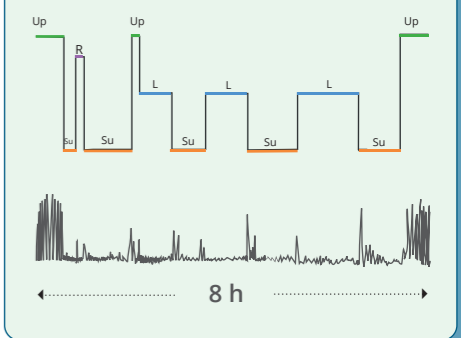


SOUND
Detection of snore and snore rhythm

Sound (magnified)
Supine position

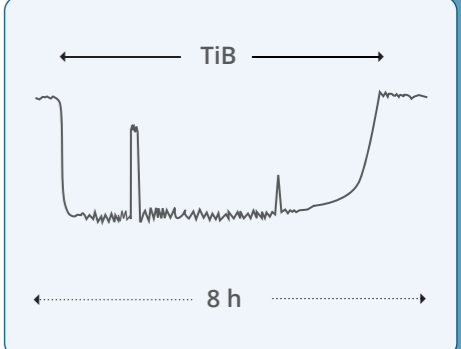


POSITION
Detection of head position
Up = upright
R = right
L = left
P = prone
Su = supine



ACTIVITY
Head movement

LIGHT
Ambient light: Determines lights off/on for accurate time in bed (TiB)



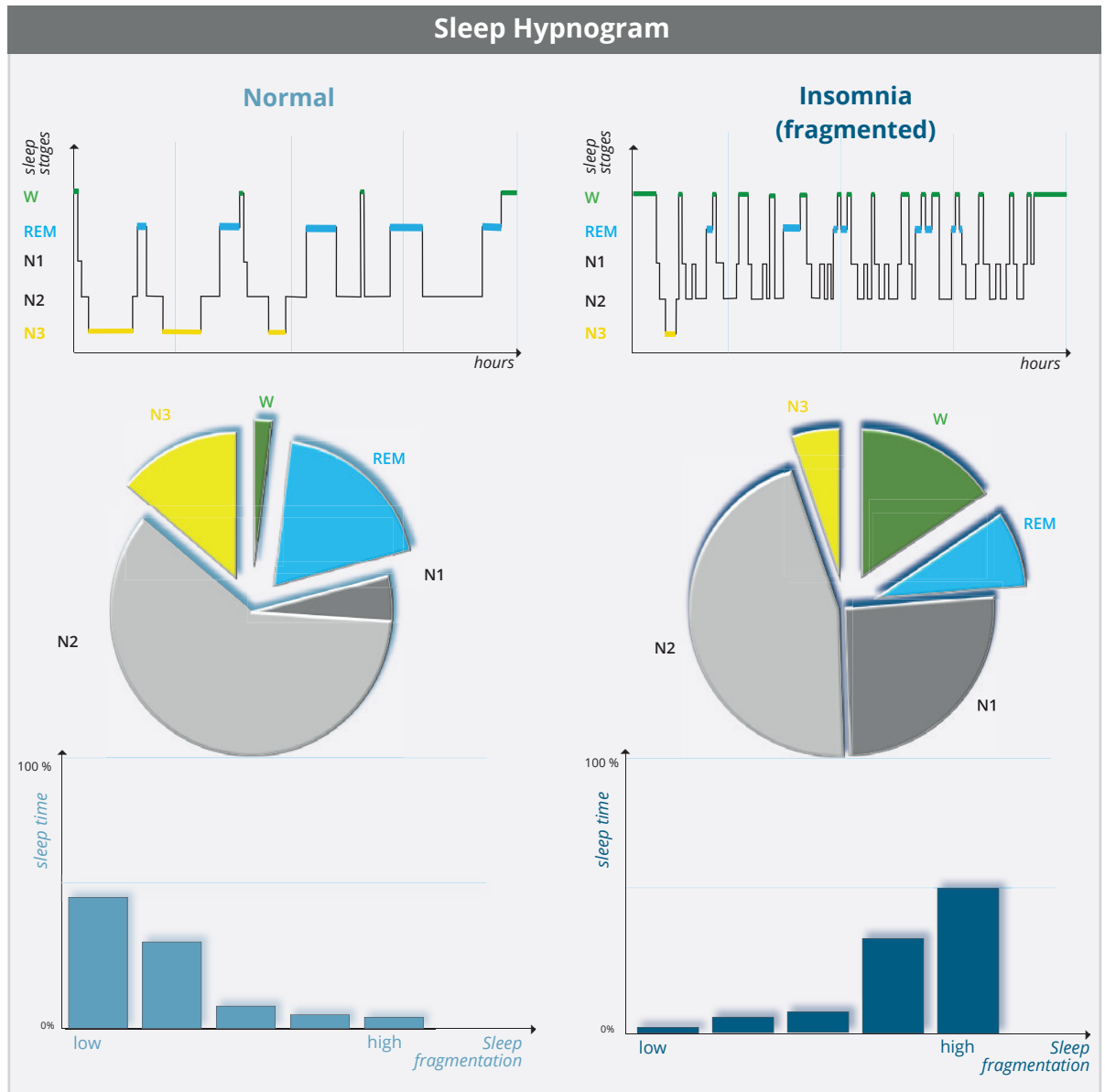
*two more EEG signals are available to plot in the software

Insomnia — a very common sleep disorder

30% of the adult population suffer from Insomnia* compared to 3-5 % OSAS.

Screening is not available to gain objective data for the diagnoses of Insomnia - until now. The HST device is a cost effective, easy to use home-based sleep screener to determine sleep stages, sleep disturbances and resulting sleep fragmentation by cortical arousals. It also detects the presence of deep, light and REM sleep and wake duration.

By continuously recording electrode impedance, the signal quality can be determined to detect artefacts that can be excluded from the analysis. Ambient light, body position and motoric activity help to determine Time In Bed (TIB) and other sleep related parameters. Sound, recorded by the tablet microphone, determine the snore and the snore rhythm for the diagnosis of upper airway obstruction.



Specification:

- 43 x 38 x 11 mm, 30 g
- Up to 36 hours recording duration
- 256 Hz sampling rate
- 2 hours charge time after one night
- Data transfer to cloud
- Continuous electrode impedance recording



Package includes:

- ✓ 1 HST sensor/charger
- ✓ App
- ✓ Cloud access (software-key)
- ✓ 5 disposable Ag/AgCl electrodes
- ✓ 5 prep pads
- ✓ 1 bag
- ✓ 1 tablet (optional)

* American Academy of Sleep Medicine, 2014