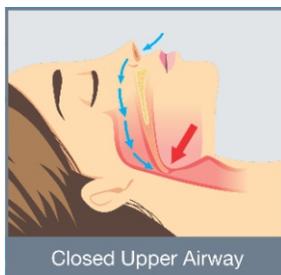
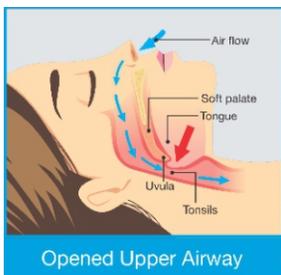


Is OSA literally taking your breath away?

Snoring is considered a key indicator of obstructive sleep apnea.

Obstructive sleep apnea (OSA) is very common, and most people who suffer from it don't even know it. OSA is recognized as repeated episodes of cessation in breathing while you're sleeping. It is caused by gravity pulling the airway closed when our muscles relax during sleep. You experience momentary suffocation that results in excessive stress on the body.



Untreated sleep apnea is also a major independent risk factor contributing to:

- Brain Fog
- Excessive daytime sleepiness
- Depression
- Impotency
- Motor vehicle accidents
- Increased mortality
- High Blood Pressure

Good, restful sleep is as critical to our health and well-being as the air we breathe or the food we eat. With a lack of quality sleep, many people attempt to make it through the day using caffeinated drinks or other energy supplements that take a toll on our jobs, relationships, productivity, and health. Perhaps most critical of all, your safety, as well as the safety of everyone around you, is put at risk.

Sleep testing can be done in your own home. It is simple, comfortable and reliable.

Home Sleep Tests Provide Answers

Your physician can order a Home Sleep Test from Vitalistics to help diagnose your problem. It's a simple test that can be done at any time. It consists of a small tube for under your nose, a belt, and a probe on your finger. You just follow the instructions included in your testing kit, go to bed as usual, and send it back the next day for analysis.

How Is Sleep Apnea Treated?

The most common treatment for OSA is Continuous Positive Airway Pressure. It delivers a gentle flow of positive air pressure through a nasal mask to keep your airway open while you sleep. You'll breathe normally throughout the night with less snoring, for more rest. Many patients blood oxygen levels return to normal for an improved quality of life and reduction in the risk for the many associated conditions.

Do you have a sleep disorder?

- Have you been told by a friend or family member that you snore?
- Do you often wake up tired or have headaches in the morning?
- Do you have high blood pressure or diabetes?
- Have you been told you have pauses in your breathing during sleep or do you wake up choking or gasping for air?

If you experience one or more of these symptoms, it's time to talk with your physician to determine if a HST is needed to properly diagnose & treat the disorder. Home Sleep Tests are covered by most insurance companies and Medicare.

**Great Days
Start with a
Good Night's
Sleep - Talk to
Your Physician
Today!**



844.550.9970
sales@vitalistics.com
www.vitalistics.com

Is Your Snoring a Serious Problem?

Today it is easier than ever to find out with a Home Sleep Test. Get rapid reliable results so you can get a good night's rest.

