

Types of home sleep studies offered by Telemedora

Single night

7 CHANNELS

- 👉 Peripheral arterial tone
- 👉 Actigraphy
- 👉 Body position
- 👉 Snore monitor
- 👉 Heart rate
- 👉 Oxygen level
- 👉 Respiratory movement

- Convenient
- Cheapest
- Disposable

Cons

- Only utility is to look for sleep apnea
- Miss sleep apnea in 10-15%

Multi-night

6 CHANNELS

- 👉 Peripheral arterial tone
- 👉 Actigraphy
- 👉 Heart rate
- 👉 Blood oxygenation
- 👉 Changes in breathing
- 👉 Heart rate variability

- Better accuracy than single night.
- Less false negative

Cons

- Only utility is to look for sleep apnea
- Insurance may not cover.

Home PSG

15 CHANNELS

- 👉 Brain waves sleep stage and total sleep time
- 👉 Eye movements
- 👉 Heart rate and rhythm
- 👉 Nasal airflow monitor
- 👉 Chest effort
- 👉 Chest & abdominal movement
- 👉 Blood oxygen
- 👉 Body position
- 👉 Snoring monitor
- 👉 Leg movements

- Ability to detect sleep apnea and other sleep disorders
- Affordable
- No waiting time
- Wireless
- Convenient
- Comparable to traditional PSG but not gold standard

Cons

- No video recording
- Self-pay

✨ For details, call 650-687-7368 to book sleep consult