

Types of home sleep studies offered by Telemedora

Single night

9 CHANNELS

- ➡ Oximetry / SPO2
- ➡ Respiratory Effort
- ➡ Chest Movement
- ➡ Heart Rate
- ➡ ECG
- ➡ Body Position
- ➡ Actigraphy
- ➡ Snoring
- ➡ Sleep / Wake Staging

- Convenient
- Cheapest
- No app download

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