

Sleep Test Comparison Guide

DISPOSABLE? YES



WATCHPAT ONE

MEASURES & REPORTS:

- 1 - Peripheral arterial tone
- 2 - Actigraphy
- 3 - Body position
- 4 - Snoring
- 5 - Pulse oximetry
- 6 - Respiratory movement
- 7 - Sleep staging
- 8 - Heart Rate

90% of the same data as an In-Lab Study

DISPOSABLE? NO



ARES UNIT / RESMED UNIT

MEASURES & REPORTS:

- 1 - Airflow / SpO₂
- 2 - Heart Rate
- 3 - Snoring
- 4 - Actigraphy
- 5 - EEG/EOG/EMG
- 6 - Respiratory Effort

60% of the same data as an In-Lab Study

DISPOSABLE? NO



POLYSOMNOGRAPHY / IN-LAB

MEASURES & REPORTS:

Typically records a minimum of 12 channels requiring a minimum of 22 wire attachments to the patient. There are channels for the EEG, measuring airflow, chin muscle tone, leg movements, eye movements, heart rate and rhythm, oxygen saturation, chest wall movement and upper abdominal wall movement.