Good Sleep Test

GoodSleepco™

Overarching brand that describes our purpose

hushd™

Our oral appliances

Resdent

The system that manages the tools needed for HCP's to operate in the dental sleep medicine space.

SleepCare

POWERED BY RESDENT

The app that takes care of our patients. Like a practitioner in their pocket

What is the Good Sleep Test

1. Level 4 testing – Mechanism
2. The Good Sleep Test hardware
3. How to set up a test and ResDent
4. The Good Sleep Test in the SleepCare app
5. The Good Sleep Test reports

1. Level 4 testing

Brand of level 4 testing

- WatchPat
- NightOwl
- Sunrise
- Sleep Image

- **Good Sleep Test**

How do they work

Pulse Oximetry
PPG
HR
Actigraphy

Pulse Ox

- Helps us understand desaturation of oxygen from apnea, hypopnea and RERA (Respiratory effort related arousal – meaning you're trying to breathe and its not going to plan and your brain creates an arousal in response)
- Average SPO2 and CV risk
- Highs and lows help us assess risk

PPG

A reliable method for determining sympathetic activation – AKA sleep arousals or arousals associated with apnea, hypopnea or RERA

We also use the PPG to help with determining sleep stage in combination with actigraphy

PPG can measure arterial contraction with respiratory sleep disturbances - Metaboreflex

Heart rate

With sympathetic arousal we usually see HR increase.

We use this to determine whether an SB event has occurred

Actigraphy

- Are you moving in your sleep and when
- We use this to determine the stage of sleep
- In combination with the other variables this gives us the last piece of information we need to determine the stage of sleep
- We need to know deep non REM, REM and light non REM to determine how OSA, UARS (usually diagnosed from RDI aka RERA) and how much the sleep breathing problem is affecting sleep architecture
- Poor sleep architecture = patient feels like a sack of potatoes

2. The Good Sleep Test
Hardware and product

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SPECIALIST REPORT
Patient
Physician
Test
Interpretation
Impression
Recommendation
26.5
29.6
94
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good sleep TEST
GoodSleepco
Fragile
Keep dry
Good Sleep Test
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good sleep TEST
HOME SLEEP TEST
TGA Approved
Multi-night Testing
Obstructive & Central Apnea Diagnosis
Specialist Reported Sleep Studies
(TO HELP WITH PRIVATE INSURANCE REIMBURSEMENT OF CPAP AND ORAL APPLIANCE THERAPY)
Simple. Accurate. Cost effective.
GoodSleepco
goodsleepco.health

3. How to set up a test and ResDent

Setting up testing

- Autoscored studies
- Multiple night studies
- Adding a sleep physician test
- Reports generated for practitioner/pharmacist/pharmacy assistance and possibly patient if selected

5. The Good Sleep Test in the SleepCare app

What it looks like for the patient

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- https://xd.adobe.com/view/9cc11583-c36d-4cc3-877d-ddb4b20aed00-c992/screen/9d397bae-e79b-4e2d-9383-791dfdbcb0ce/

6. The Good Sleep Test reports

good sleep TEST

SPECIALIST REPORT

Patient

Name: Paul McKenzie

DOB: 3 Jan 1987 (36 years)

History: Patient is a 36 year old Male with a BMI of 26.5. A home sleep study was performed to evaluate for sleep apnea.

Test

Device: Aurora

Date: 6 Jun 2023

Physician

Name: Howard Dean, MD

Qualification: Board Certified In Sleep Medicine by the ABIM

Provider No. 269410DJ

Interpretation

On the night of 2019/10/14, patient completed an unattended home sleep test (HST) evaluation (Aurora, type IV HST),with channels monitoring pulse, oxygen saturation and respiratory analysis by peripheral arterial tonometry. Total sleeptime was determined through analysis of photoplethysmography signals. Sleep time was determined by classifying eachepoch as "sleep" or "wake" and summing epochs of sleep. The following is the interpretation for that study night.

Impression

Moderate Obstructive Sleep Apnea/Hypopnea Syndrome.

Recommendation

Treatment options include oral appliance or CPAP therapy further pending patient preference. If amenable to PAPtherapy, recommend APAP 5-15 cmH20.

Given severity, recommend CPAP, the gold standard therapy. Recommend in-lab CPAP titration or APAP 5-15cmH20.

Follow up with sleep specialist to ensure acclimation.

Howard Dean
23 Jun 2023

26.5 BMI

29.6 AHI

94 AVG SP0^2

Full sleep report – open PDF

good sleep TEST

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GoodSleepco

Patient Name - Device - 1 Date 2023

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