



## ***RESTFUL SLEEP IS VITAL TO YOUR HEALTH, WELL-BEING AND QUALITY OF LIFE***

The DROWZLE® PRO home sleep test is used to determine your risk for Obstructive Sleep Apnea (OSA), a serious, often hidden sleep disorder that, if not treated, robs you of restful sleep, can cause or worsen other diseases, and can actually endanger your life.

### ***WHAT IS THE DROWZLE® PRO HOME SLEEP TEST?***



DROWZLE PRO is a totally new way to determine your risk for sleep apnea. This is the first FDA-cleared home sleep test that works on your smartphone. You can test in the privacy and comfort of your own home by simply opening the DROWZLE app on your phone and placing your phone on the nightstand.

DROWZLE PRO works by analyzing your sleep breathing sounds, gaps, and patterns, which are recorded overnight using the DROWZLE app and are sent to the cloud. DROWZLE PRO also collects relevant information about your symptoms, medical history, and how you are functioning during the day, to evaluate in conjunction with your sleep breathing data.

DROWZLE PRO uses a sophisticated algorithm to analyze your DROWZLE results and help your provider determine next steps.

### ***HOW TO TEST WITH DROWZLE PRO:***

DROWZLE PRO requires a prescription for use and can be accessed several ways.

1. Receive a prescription from your own provider. Providers who have access to DROWZLE PRO can invite you via email to download DROWZLE.
2. Receive a prescription by purchasing DROWZLE PRO directly from the DROWZLE.com website.\*
3. Receive a prescription from within the DROWZLE app by clicking on the "Prescription Test" button on the homepage.\*

\*Prescriptions provided at the discretion of independent healthcare providers via telemedicine consultation

Once you receive a prescription you will:

1. Watch a brief video if this is your first time using DROWZLE.
2. Create or update your personal profile by answering the questions.
3. Follow the instructions to test overnight.
4. Results are usually available for your provider within 30 minutes of completing your test. You will be notified when your report is ready for you to view.



## WHAT IS OBSTRUCTIVE SLEEP APNEA (OSA)?

During sleep, the soft tissue in the back of the throat collapses, partially or completely closing the airway and shutting off the flow of oxygen. Breathing can stop for 10 seconds or even up to 120 seconds at a time. This can occur dozens of times per hour and hundreds of times per night. When you are struggling to breathe and the oxygen in your blood

drops, your body reacts by dumping stress hormones into your system. This, in turn, causes your heart to beat more rapidly, your blood pressure to increase, and your blood to increase its clotting tendencies. You wake up feeling stressed or fatigued -- like you have run a marathon in your sleep!

Common signs of OSA are loud, frequent snoring; observed gasping or choking during sleep, repeatedly awaking to use the bathroom overnight; awaking in the morning with a headache and/or dry mouth; feeling excessively tired upon awaking in the morning; and persistent daytime sluggishness or sleepiness.



## WHY IS UNTREATED OSA DANGEROUS?

Over time, the physiological changes that occur with untreated OSA significantly increase your risk for:

- High blood pressure
- Diabetes
- Heart problems, including clogged arteries, heart attacks and congestive heart failure
- Stroke
- Depression
- Sexual dysfunction
- Dementia or Alzheimer's Disease

OSA also causes excessive daytime sleepiness, which can affect your ability to focus, your memory, your work performance, and your reaction time. Daytime sleepiness multiplies the odds of having a serious or fatal vehicular or machinery accident.

## WHAT IF YOU COULD SCREEN FOR SLEEP APNEA WHILE YOU SLEEP?

Now you can with the DROWZLE PRO® Home Sleep Test.

