

## Services Guide

### Consultation with Sleep Practitioner. \$120-250

- Personalised therapy plan for each patient. Throughout the diagnosis and therapy, your referring GP will receive reports and updates on your progress to keep them informed.

### Sleep Study - NightOwl. \$300

- This non-obtrusive at-home sleep study can determine whether snoring or other symptoms such as tiredness and teeth grinding may be due to something more sinister. It is the first level of sleep study, and will give us a guide of what is happening during sleep, and whether a patient has sleep apnea or not.

### Sleep Study - Level 2. \$1000

- If we need to assess a patient's entire sleep, including brain waves and muscle movement, as well as breathing and oxygen levels during sleep, we will advise patients to undertake a PSG (Polysomnograph) sleep study. It is also conducted at home, and will conclusively diagnose any sleep related condition that appears during the test.

### Continuous Positive Airway Pressure (CPAP) Trial. \$300

- While Continuous Positive Airway Pressure therapy is a common treatment solution, it is not suitable for everyone, so it is important to test and trial it to see whether it is the right option for you.

### CPAP/APAP Therapy. \$2100

- Continuous Positive Airway Pressure is a common treatment solution, and may be recommended by our experienced team, depending on your sleep test results. We only use the best equipment to ensure you get the best result with your therapy.

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### Oral Appliance Trial. \$300

- As an alternative to CPAP, oral appliances are a therapy option that help treat sleep apnea. With this option you can trial before you commit and we can look to see whether it will be an effective therapy for you.

### Oral Appliance Therapy. \$3000

- We work with some of the best dentists in Singapore to have a custom made oral appliance that effectively treats your sleep apnea.

### Inspiratory Muscle Training (IMT) device. \$600

- Building strength in these inspiratory muscles has a number of benefits for sport performance and breathing related medical disorders. This mode of training is especially effective in patients with Asthma and COPD.
- Benefits of inspiratory muscle training for athletes:
  - Prolonged time until fatigue
  - Increases vital capacity
  - Boosted anaerobic threshold
- Benefits of inspiratory muscle training for those suffering from breathing disorders:
  - Decreased dyspnoea (shortness of breath)
  - Improved exercises tolerance
  - Improved quality of life

Note: Trials are credited back if the patient purchases the long term therapy option.