



## WHY SHOULD YOU DO A HOME SLEEP TEST?

If you've been struggling to get a good night's sleep you might be wondering what can be done to offer improvement. One of the easiest things to do is a home sleep test. In short, this is an affordable, quick, and accurate way to complete a sleep test. It also is much less intrusive sleep than an in-lab test.

WHY?

It might be easy to confuse invasive with intrusive. An in-lab sleep study is the benchmark for sleep apnea testing and has been around for many years. In-home sleep tests are "newer" technology and offer patients the ability to do a sleep-study in the comfort of their own home, which is far less intrusive – meaning you'll be able to carry on with your day as normal. Completing an in-home sleep test offers you, or any patient, the ability to maintain your normal routine, which can help reduce anxiety. Less anxiety can also mean having a more accurate test.

## 3 THINGS A HOME SLEEP TEST AND CUSTOM ORAL APPLIANCE CAN CORRECT

WHAT?

1. Snoring
2. Sleep Apnea
3. Jaw Pain

## WHO?

The good news is that our dentist for sleep apnea, Dr. Kim Polley, can help you! Dr. Polley has completed additional training and education to ensure that she can help you get a better night's rest.

## WHERE?

Dr. Kim Polley, our sleep apnea dentist can be found at NorthStar Dental, located at 5800 North 33<sup>rd</sup> St., in North Lincoln, NE.

## HOW?

Call our friendly dental team at NorthStar Dental and schedule a sleep apnea consultation. Once Dr. Polley has made her assessment, she will guide you through the next steps. Dr. Polley's number one priority is you.

## AT-HOME TEST BENEFITS

### **10 BENEFITS OF A HOME SLEEP TEST INCLUDE:**

1. Very easy to use.
2. Extremely affordable.
3. Does not disrupt normal sleep or bedtime routine.
4. Helps eliminate anxiety associated an unfamiliar place.
5. Allows for more people to get tested, who otherwise couldn't.
6. Accurate results.
7. Covered by many insurance providers.
8. Offers quick turnaround time for test results.
9. Eliminates the need to change your schedule for kids or work.
10. Can eliminate bed discomfort for those with neck/back issues.

## AT-HOME SLEEP STUDY REQUIREMENTS

- Requires a doctor's prescription.
- Very convenient and is done in the comfort of your home.
- Detects breathing patterns with sensors.
- Monitors breathing patterns vs sleeping patterns.
- More Cost-effective.
- A consultation with our dentist for sleep apnea, Dr. Kim Polley.

*\*\*If you suspect you might have sleep apnea, consult a medical professional. Untreated sleep apnea can have serious consequences on your overall health. Individuals with certain health conditions may not be suitable for in-home sleep tests, so be sure to discuss any potential contraindications with your physician.*

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**CALL DR. KIM POLLEY TODAY AT 402-742-0000 OR SCHEDULE  
ONLINE 24/7 AT [WWW.NORTHSTARDENTALNE.COM](http://WWW.NORTHSTARDENTALNE.COM)**