

About us

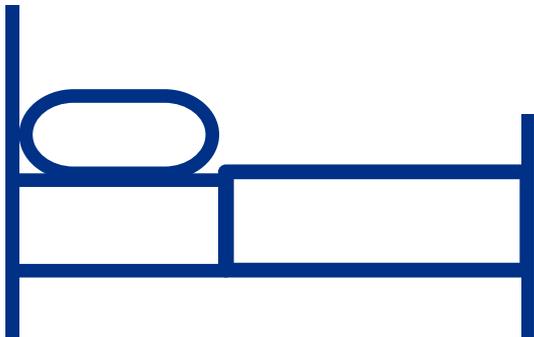
Samaritan Sleep Centers offer both portable sleep testing and sleep studies monitored by sleep specialists.

Our sleep centers feature private rooms with a homelike atmosphere where adults and children can be evaluated for sleep disorders.

For more information about Samaritan Sleep Centers, visit samhealth.org/Sleep.

Samaritan Pacific Sleep Lab
930 SW Abbey Street
Newport • 541-574-4944

Samaritan Sleep Center – South Albany
950 29th Ave. SW
Albany • 541-812-5040



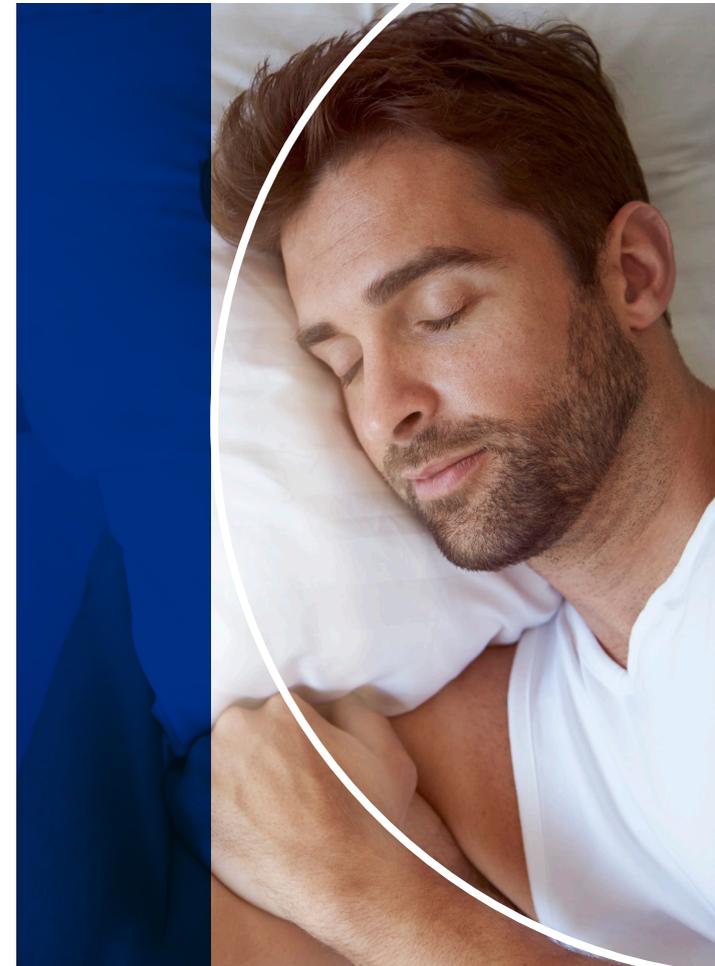
Samaritan
Health Services

samhealth.org/Sleep

151870 0618

Portable sleep testing

In the comfort of your own home



Samaritan
Health Services



Obstructive sleep apnea

A condition where breathing is paused or decreased during sleep — is a common underlying cause of daytime sleepiness, fatigue, moodiness and memory problems.

At-home, portable sleep testing is available for patients who are suspected of having obstructive sleep apnea. This cost-effective service is ideal for people who have difficulty participating in a traditional overnight study in our center.

Eligible patients referred for portable testing must be:

- Prescreened by a board-certified sleep physician.
- In relatively good health, with no major medical issues such as cardiovascular disease, pulmonary disease, neurologic disorders or chronic pain syndromes.

If you think you might suffer from sleep apnea, ask your primary care provider for a referral to a sleep center. Our portable sleep testing could be your ticket to improved health and quality of life.

How at-home, portable sleep testing works

Patients are first prescreened during an office visit with a sleep physician to determine if portable testing is appropriate. Eligible patients are referred to the sleep lab for a 15-minute appointment where staff will teach you how to use the portable testing equipment. The equipment includes a thin tube that sits under the nose to measure the airflow during sleep, respiratory effort bands around the chest, a finger cuff to measure

blood oxygen levels and a small digital recording device.

After a night of use, patients return the device for interpretation and diagnosis by a board-certified sleep specialist. While the gold standard for sleep disorder testing is an overnight study in a sleep center, portable testing for apnea offers a reasonable means for diagnosing obstructive sleep apnea in many patients without major medical issues. Approximately five percent of portable studies will need to be repeated due to required sensors coming off during the night.

After you get your test results

You will be contacted with results about one week after your test to discuss treatment options that are right for you.

If your tests are unclear and your physicians remain concerned that you have a sleep disorder, they may recommend a more comprehensive overnight sleep study, which allows us to collect more detailed information about your breathing and brain activity during sleep.