

## **Finally, Answers to Your Sleep Concerns: Introducing WatchPAT at Schneck**

Are you consistently tired, even after a full night's sleep? Do you suspect a sleep disorder is affecting your well-being? It's important to know that untreated sleep apnea is strongly linked to serious health issues, including high blood pressure, diabetes, obesity, erectile dysfunction, memory loss, and even Alzheimer's.

Schneck is pleased to offer WatchPAT, a cutting-edge, non-invasive home sleep apnea test. This convenient option allows you to gain valuable insights into your sleep patterns and identify potential conditions like obstructive sleep apnea, all from the comfort and privacy of your home.

### **What is WatchPAT?**

A comfortable wrist/finger device that monitors your breathing, heart rate, oxygen, and movement during sleep to detect issues like sleep apnea. It's an alternative to traditional, in-lab sleep studies.

### **How it Works:**

Worn at home, it tracks your body's signals to identify sleep-disordered breathing events. This data helps your doctor diagnose problems and understand your risk for associated health conditions.

### **Why Choose WatchPAT through Schneck?**

- **Convenient & Comfortable:** Sleep in your own bed.
- **Easy to Use:** Simple to apply with clear instructions.
- **Accurate:** Clinically proven PAT® technology.
- **Faster Diagnosis:** Often quicker than lab appointments, allowing for timely intervention to mitigate potential health risks.
- **Private:** Test in your own home.
- **Integrated Care:** Seamlessly connected with your Schneck Respiratory & Sleep Services, ensuring coordinated care for any identified health concerns

### **What Happens After?**

Return the device to Schneck. Specialists analyze the data, and your doctor will discuss the results and treatment options with you.

### **Is WatchPAT Right for You?**

Consider WatchPAT if you experience: snoring, daytime fatigue, breathing pauses, morning headaches, difficulty concentrating, or irritability. Recognizing these symptoms is the first step in addressing potential sleep apnea and its associated health risks.

### **Talk to Your Doctor!**

Discuss if WatchPAT is right for you. Understanding your sleep is a crucial step in protecting your overall health. Schneck is pleased to offer this advanced tool to help you identify and address sleep apnea, potentially reducing your risk of high blood pressure, diabetes, and other serious conditions. Better sleep improves energy, mood, focus, and overall well-being.

**Embrace restful nights and brighter days – and take proactive steps for your long-term health – with WatchPAT, now at Schneck!**