MedPro Respiratory Care

SUMMER 2026 NEWSLETTER

Home Sleep Apnea Testing: Delivering Clinically Meaningful Diagnoses

Clinical Education Series for Healthcare Professionals



Home Sleep Apnea Testing at MedPro

At MedPro, we don't just perform sleep studies, we deliver clinically meaningful diagnoses

HSAT as First-Line Testing for Suspected OSA

Home Sleep Apnea Testing (HSAT) is a guideline-supported first-line diagnostic tool for adults with suspected obstructive sleep apnea (OSA) and a moderate-to-high pre-test probability.

In everyday clinical practice, this represents the majority of patients presenting with:

- *Snoring*
- *Daytime sleepiness*
- *Witnessed apneas*
- *Elevated STOP-Bang scores*

When used in appropriate patients, HSAT is both clinically effective and efficient.

HSAT offers:

- ✓ *Rapid access to diagnosis*
- ✓ *High accuracy for clinically significant OSA*
- ✓ *A streamlined pathway that avoids delays in care*

How Devices Like ResMed ApneaLink™ Air Work

Devices capture key physiologic signals overnight (Figure 1):

- *Nasal airflow and vibratory snore*
- *Oxygen saturation and pulse*
- *Respiratory effort*
- *Body position*

These signals are used to calculate the Apnea-Hypopnea Index (AHI) and identify obstructive breathing patterns. Because HSAT relies on recording time rather than measured sleep, interpretation must consider:

- *Signal quality*
- *Total valid recording time*
- *Reported sleep quality from the patient*
- *Clinical presentation*

This is where structured analysis and clinical oversight are critical.

Independent Physician Interpretation

Home sleep testing provides valuable data, but diagnosis requires expert review. Every MedPro study is manually scored and interpreted by an independent sleep physician to ensure clinically meaningful results and appropriate treatment recommendations.

A Targeted Approach to Repeat Testing

Home Sleep Apnea Testing is most effective when testing decisions are guided by clinical judgment rather than standardized protocols. While additional nights of recording may be valuable in select circumstances, repeat testing is not necessary for every patient.

At MedPro, repeat testing is selective and data-driven rather than routine.

> *"The goal is not more data—it is the right data, interpreted in the right clinical context.*

When Repeat Testing May Be Recommended

Additional testing may be recommended when:

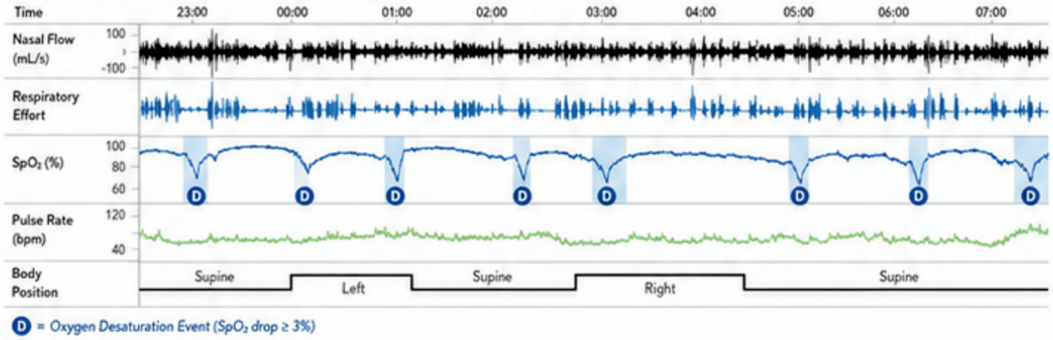
- *Signal quality is suboptimal*
- *Recording time is insufficient*
- *Sleep quality was not representative of a typical night — as reported by the patient*
- *Clinical suspicion remains high despite inconclusive findings*

This targeted approach helps ensure:

- ✓ *High-quality, clinically meaningful results*
- ✓ *Timely diagnosis for most patients*
- ✓ *Identification of patients who truly benefit from repeat testing*
- ✓ *Avoidance of unnecessary duplication and delays in care*

This targeted approach helps ensure the right testing for the right patient at the right time.

Figure 1. Example of Data Captured by ResMed ApneaLink™ Air.



Summary	
Recording Time	7:58
Valid Recording Time	7:12
Apnea-Hypopnea Index (AHI)	24.7 events/hr
Oxygen Desaturation Index (ODI)	26.1 events/hr
Average SpO_2	93%
Lowest SpO_2	78%
% Time SpO_2 < 90%	12.6%
Mean Pulse Rate	72 bpm
Snoring	24% of recording

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