

Sleep Report



Patient **Dustin Freckleton**

Study Date **Dec 6, 2024**

Patient ID **1234567**

Your diagnosis:

Moderate Sleep Apnea



Scan to start your recommended treatment

Your doctor recommends:

- ✓ Oral appliance therapy to treat airway disorder
- ✓ Nightly monitoring to confirm treatment efficacy
- ✓ Follow-up sleep test and appointment in 2 months

What is sleep apnea?

Sleep Apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. This deprives cells of vital energy - causing damage and preventing repair.



Why is sleep apnea dangerous?



Decreased brain oxygen

Deprives cells of vital energy, causing damage.



Disrupted sleep patterns

Non-restorative sleep, preventing repair.



Repeated arousals

Increased stress response and sympathetic activation.

Your warning signs.

- ⊗ Daytime sleepiness
- ⊗ Breathing interruptions
- ⊗ Snoring
- ⊗ Dry mouth
- ⊗ Low energy
- ⊗ Poor sleep quality
- ⊗ Trouble staying asleep
- ⊗ Morning headaches
- ⊗ Anxiety / Depression

You're not alone – 8 out of 10 people have an undiagnosed sleep disorder. Happy helps you get the sleep you deserve.

Summary of your results.



7h 2m

Total Sleep Time

81%

Efficiency

7

Awakenings

91%

Min SpO2

What happens if it goes untreated?

Untreated sleep apnea can shorten your lifespan and lead to serious health issues.

- ✗ Poor memory / focus
- ✗ Anxiety / depression
- ✗ Diabetes
- ✗ Heart disease
- ✗ Stroke
- ✗ Weakened immune system
- ✗ Cognitive decline / dementia
- ✗ Weight gain
- ✗ Shortened life span

Good news, you have options.



Oral Appliances



CPAP



GLP-1s



And more...