



Sleep Clinics vs. Home Sleep Testing:

If more than the time change is interrupting your sleep....

You can save money on testing for sleep apnea

- Ask your doctor if you are an appropriate candidate for home sleep testing¹
- Find out about cost differences between independent and hospital-affiliated sleep clinics

Sleep tests can range widely in average costs. Consumers generally pay 20-25 percent out of pocket.



California Independent/
Free-Standing Clinics

\$1,113



California Hospital-
based/affiliated

\$1,714



Home sleep tests
generally range from

\$200-400

Some health insurers, such as Anthem Blue Cross, use AIM Specialty Health's Sleep Solution to reach out to consumers with cost information on facility recommendations.

On average, the program helped Anthem Blue Cross and its members

**SAVE
\$847**

*on each clinic or
hospital sleep test,*

which saves consumers money out-of-pocket and slows the growth of premiums.

More than **12 million Americans** suffer from sleep apnea and many are undiagnosed, according to the National Institutes of Health².

Take our sleep quiz now.



1. The June 2012 edition of SLEEP published a research study indicating that home-based diagnosis and therapy for obstructive sleep apnea in patients who meet criteria similar to those established in AIM's program are clinically appropriate in properly selected patients, and achieves better long-term patient compliance.

2. According to the National Institutes of Health, 50 to 70 million Americans are affected by chronic sleep disorders and intermittent sleep problems that can significantly diminish health, alertness and safety. Untreated sleep disorders have been linked to hypertension, heart disease, stroke, depression, diabetes and other chronic diseases. Sleep problems can take many forms and can involve too little sleep, too much sleep or inadequate quality of sleep.

For those whose condition is more appropriate for facility testing, Anthem will contact members and inform them of options for sleep testing sites that have met accreditation and certification guidelines and provide competitive prices.