

# MAY NEWSLETTER

Saskatchewan Respiratory Therapy Education Committee



## *SleepImage Ring*

**THIS MONTH WE WILL BE FOCUSING ON NEW AND EXCITING AREAS OF SLEEP MEDICINE.**

- The increased prevalence of obstructive sleep apnea (OSA) coincides with a severe shortage of sleep physicians. There is a need for widescale home-sleep-testing devices with accurate automated scoring to accelerate access to treatment.
- The sAHI obtained from the SleepImage Ring had a high agreement with AHI from in-laboratory PSG in assessing the presence and severity of OSA. Therefore, the SleepImage Ring has the potential to be a clinically reliable tool and cheaper alternative to the gold standard PSG when aiming to diagnose OSA in adults.
- The SleepImage Ring uses Cardiopulmonary coupling (CPC), which is a technique that generates sleep spectrogram by calculating the cross-spectral power and coherence of heart rate variability and respiratory tidal volume fluctuations.
- In comparison to other PPG-based ring devices, the SleepImage Ring showed commendable overall performance.
- The latest Apple Watch Series 9, 10, and Ultra 2 introduce a revolutionary feature to help identify potential sleep apnea. This new feature uses advanced sensors to monitor your sleep and identify potential breathing disturbances. It cannot diagnose OSA, however it is interesting to see where the future of OSA diagnosis and treatment is headed.

CAN YOU SET UP THE PATIENT  
ON CPAP?  
\*DOESN'T HEAR ME\*  
NIV-ERMIND

HAPPY MOTHER'S DAY!

SOCIAL MEDIA HIGHLIGHT:  
[@PROJECTSLEEP](#)

TAKE A LOOK AT THE  
RESOURCE SECTION OF OUR  
WEBSITE TO ACCESS OUR  
YOUTUBE CHANNEL FOR  
RECORDED WEBINARS

# *Educational Resources*

## **SLEEPIMAGE RING**

### **ARTICLE RESOURCES**

- [Comparative study of the SleepImage ring device and polysomnography for diagnosing obstructive sleep apnea](#)
- [Automated Apnea-Hypopnea Index from Oximetry and Spectral Analysis of Cardiopulmonary Coupling](#)
- [Cardiopulmonary Coupling](#)

### **SUMMARIES & GUIDELINES**

- [Introduction to SleepImage - Clinical Instructions for Use](#)
- [Careica Health - Apple Watch OSA Detection](#)

If you're having difficulty accessing the articles SHA Library Services is a great resource available to all SHA employees. Feel free to contact them to setup a library card number to obtain off site access.

### **VIDEO RESOURCES**

- [Careica Health - SleepImage Ring](#)
- [SleepImage Instructional Video](#)

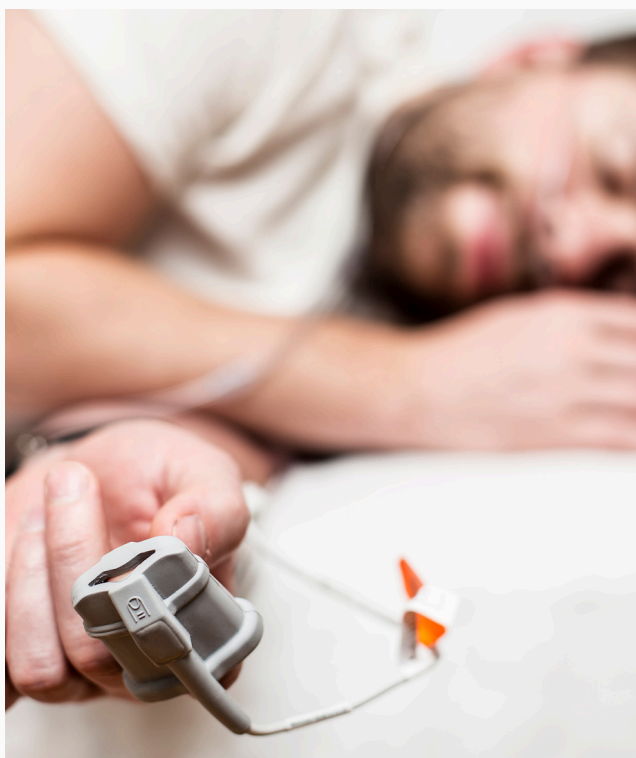
### **PODCASTS**

We were unable to find podcasts specifically on the SleepImage Ring, however we hope you enjoy listening to these podcasts on OSA below

- [What do I need to know about sleep apnea?](#)
- [Obstructive Sleep Apnea Breakthroughs: Emerging and Newly Approved Treatment Updates - Frankly Speaking Ep 425](#)
- [Obstructive Sleep Apnea in Adults](#)

### **APPS**

- [Sleep Image Ring App on Google Play](#) and Apple App Store



**Reminder to check out our Google Calendar linked under the 'resource' tab on our website for upcoming webinars and educational opportunities this month**

**As we navigate being a new committee we would love to hear any feedback you may have**

**Please feel free to contact the Saskatchewan Respiratory Therapy Education Committee at [saskrtec@gmail.com](mailto:saskrtec@gmail.com) or reach out to our committee members directly**