



SLEEP ACADEMY

by Dr Olga Saet, MD, PhD

**Your Journey to Restful
Sleep Starts Here**

Better Sleep Starts at Home

Access a comprehensive medical sleep study — easy, accurate, and delivered to your doorstep

An expert comes to your home to perform a full sleep study in the comfort of your own bed

A doctor reviews your results in detail to provide an accurate diagnosis

You receive a personalized treatment plan, ensuring expert guidance from start to finish

Package 1: Comprehensive In-Home Polysomnography

The Gold Standard in Sleep Diagnostics



Our in-home Polysomnography is the most thorough sleep study available, capturing a full picture of your sleep while you rest in your own bed

Using advanced monitoring technology, it identifies the underlying causes of even complex sleep issues that simpler tests can miss

This package is ideal for you if you experience:

- Chronic insomnia
- Suspected narcolepsy or hypersomnia
- Unusual behaviors during sleep (e.g., REM Sleep Behavior Disorder)
- Restless Legs Syndrome or periodic limb movements
- Sleep disorders that have not been diagnosed with simpler tests



What We Measure:

Brain Waves (EEG): To analyze your sleep stages (light, deep, and REM sleep)

Eye Movements (EOG): To identify REM sleep

Muscle Activity (EMG): To detect tension and movement

Heart Rhythm (ECG): To monitor cardiac activity

Breathing Effort & Airflow: To diagnose sleep apnea and hypopneas

Blood Oxygen Levels: To measure oxygen desaturation

Leg Movements: To identify periodic limb movement disorder

The Outcome: A precise, data-driven diagnosis of your specific sleep disorder, forming the foundation for a truly personalized and effective treatment plan.

Package 2: In-Home Cardio- Respiratory Monitoring

*Focused Diagnostics for
Sleep-Disordered Breathing*



A streamlined home test designed to diagnose Sleep Apnea and other breathing-related disorders

It tracks key breathing and oxygen patterns overnight and is the leading tool for identifying common sleep issues

This package is ideal for you if you or your partner notice:

- Loud, persistent snoring
- Witnessed pauses in breathing during sleep
- Gasping or choking sensations at night
- Excessive daytime fatigue and sleepiness
- Morning headaches
- A history of high blood pressure



What We Measure:

- **Breathing Effort & Airflow:** To detect apneas (complete pauses in breathing) and hypopneas (partial reductions in breathing)
- **Blood Oxygen Saturation (SpO2):** To track drops in oxygen levels caused by breathing disruptions
- **Heart Rate:** To monitor cardiac response to breathing events
- **Body Position & Snoring:** To correlate events with sleep position

The Outcome: A clear and accurate diagnosis of Obstructive Sleep Apnea (OSA), including its severity (mild, moderate, or severe), which is essential for initiating life-changing treatments like CPAP.

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Package 3: Comprehensive Insomnia Remediation

*A Physician-Led Path
to Sustainable Sleep*

ZZZ This intensive one-on-one consultation package is designed for those struggling with chronic insomnia who seek a permanent, non-pharmacological solution

We move beyond temporary fixes to address the root causes of your sleep difficulties

This package is ideal for patients who:

- Struggle to fall or stay asleep
- Rely on sleep aids or want to stop using them
- Feel anxious or frustrated about sleepless nights
- Worry about rebound insomnia when reducing medication
- Suspect other medications may be affecting their sleep



Our Comprehensive Approach Includes:

In-Depth Sleep Analysis: Detailed scoring of your sleep patterns

Personalized Sleep Plan: A step-by-step program using gold-standard in non-pharmacological treatment

Medication Review: Identification of sleep-disrupting medications with recommendations to discuss with your doctor

Safe Hypnotic Tapering: A gradual, physician-guided plan to reduce sleep-aid dependence

Curated Sleep Aid Kit: Non-pharmacological tools selected to support your individualized plan

The Outcome: Lasting freedom from insomnia and sleep medications — with the skills to maintain healthy sleep.

Package 4: Advanced Sleep Wellness

Data-Driven Insights for Better Sleep



Turn your wearable data into actionable strategies to optimize sleep, recovery, and daily performance

Ideal for those who track their health and want truly restorative sleep

This package is ideal for you if you:

- Track your sleep but want to improve your scores
- Don't have a diagnosed disorder but want more restorative sleep
- Want to use sleep data to boost fitness, focus, and long-term health
- Prefer holistic, non-medication approaches
- Need expert interpretation of your sleep tracker data



Our Personalized Wellness Analysis Includes:

Data Insights: Identify patterns and opportunities from your sleep tracker

Lifestyle Integration: Link sleep with daily habits for actionable changes

Customized Sleep Plan: Tailored strategies for your biology and lifestyle

Supplement Guidance: Evidence-based advice on non-prescription aids

Sleep Sanctuary Kit: Tools to support your personalized plan

The Outcome: Clear, actionable roadmap to elevate your sleep from good to great.

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