



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

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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.

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# 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

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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

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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

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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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**+972535613235**



**www.sleepacademy.clinic**



**olga.saet@sleepacademy.clinic**