

Comprehensive Sleep Testing in Your Own Bed

Waiting months for a sleep lab can delay critical treatment. For some, a simple home test measuring just a few signals, such as breathing or oxygen levels, can be sufficient to detect obvious or severe cases of sleep apnea. However, if you are struggling with more than just snoring, for example with insomnia, restless legs, or excessive fatigue, you may need a more comprehensive test.

With Level 2 in-home polysomnography (PSG) using the Nox SAS™ solution with the Nox A1s device, comparable to a hospital lab coming to you.¹

The Problem: The "Lab-Wait" Barrier

- » **Lengthy Wait Times:** Traditional in-lab studies often have waitlists lasting months, leaving patients without diagnosis and treatment for prolonged periods.²
- » **The "First-Night" Effect:** Many patients struggle to sleep "normally" in a sterile hospital environment. Whether it's being in a different bed, an unfamiliar or uncomfortable environment or convenience reasons, in-home testing can offer an alternative.²



The Solution: The Nox A1s Home Polysomnogram

A Level 2 study is an unattended polysomnography test conducted in your home, making it different from a standard (level 3) at-home sleep apnea test (HSAT). While standard HSAT only checks for breathing disruption, the Nox A1s at-home PSG records your brain activity, eye movements, and muscle activity to see exactly how you are sleeping, using reliable high-quality signals with a low failure rate.^{2,3}

- » **Wireless Freedom:** No more being "tethered" to a wall. You can move freely and even get up during the night without disconnecting.¹
- » **Two Setup Options:** Depending on your needs, your doctor can apply the sensors in the clinic, or you can use our simplified wireless setup for maximum comfort.

The Benefits: Why It's Worth It

- » **Beyond Sleep Apnea:** Because we record brainwaves (EEG) and muscle activity (EMG), we can detect issues that basic tests – such as simple at-home tests that mainly measure breathing and oxygen levels – miss, such as specific sleep stage disruptions or periodic limb movements.¹
- » **Flexible to Fit Your Life:** Whatever your life situation, Level 2 testing at home can accommodate. For example:
 - » Stay at home with family and keep your normal evening and overnight routines
 - » Test during your normal sleeping hours, not the hospital's, which is especially helpful for shift workers or individuals with atypical schedules
 - » Sleep in the comfort of your own bed

Accuracy You Can Trust: The Nox A1s allows for accurate results both in-lab and at home.⁴

Ask your doctor about a Level 2 at-home sleep study today – the comfortable, faster path to better sleep.

Reference Verification: * AASM Manual V3 is the guiding clinical framework.⁵

References

1. <https://noxmedical.com/products/nox-a1-psg-system/>
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3. Bruyneel, M., & Ninane, V. (2014). Unattended home-based polysomnography for sleep disordered breathing: Current concepts and perspectives. *Sleep Medicine Reviews*, 18(4), 341–347. <https://doi.org/10.1016/j.smrv.2013.12.002>
4. Yoon, D.W., Hong, I.H., Baik, I. et al. Evaluation of the feasibility and preference of Nox-A1 type 2 ambulatory device for unattended home sleep test: a randomized crossover study. *Sleep Biol. Rhythms* 17, 297–304 (2019). <https://doi.org/10.1007/s41105-019-00213-4>
5. Troester, M. M., Quan, S. F., & Berry, R. B. (2023). The AASM manual for the scoring of sleep and associated events: Rules, terminology and technical specifications (Version 3) [Manual]. American Academy of Sleep Medicine.

Disclaimer

The Nox SAS head cable, Nox SAS body cable and Nox A1s are CE-marked medical devices intended for clinical use at the direction of a trained healthcare professional. For more information on specific Nox Medical devices as part of the service offering, please consult manufacturer's Instructions for Use, including indications, contraindications, warnings and precautions at [noxmedical.com/downloads](https://www.noxmedical.com/downloads). Availability of Nox SAS may vary by region or market. For details, please contact Nox Medical or visit www.noxmedical.com