



Home sleep apnea studies now available at the TRMC Sleep Center



The Tift Regional Medical Center (TRMC) Sleep Center is now offering a new home testing option for sleep apnea.

If a patient meets certain criteria, he or she is given a device during a visit to the Sleep Center and is instructed how to put it on by a sleep technologist. The patient returns or mails the device back to the center the following day. The study is scored and interpreted and the patient returns the following week to see Dr. Jian Li, our medical director and sleep specialist, who reviews the results of the study with the patient and selects appropriate treatment.

How to refer:

Please call **229-353-7899** or **866-554-TRMC (8762)**

Referral criteria:

A home sleep study must be used only in the context of a comprehensive sleep evaluation and for the following patients:

- Patients with a high pre-test probability of moderate to severe obstructive sleep apnea (OSA).
- Patients with no significant co-morbid medical condition.
- Examples of co-morbid conditions include moderate-severe pulmonary diseases (cystic fibrosis, pulmonary fibrosis, active asthma, COPD), congestive heart failure and neuromuscular diseases (ALS, multiple sclerosis, Parkinson's disease).
- Patients suspected of having no co-morbid sleep disorder other than OSA.
- Patients unable to be studied in a sleep laboratory.
- To monitor response to non-PAP treatments after the diagnosis has already been made.
- Not appropriate for general screening of asymptomatic patients.

Questions? Please call **229-353-7425**



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