Watch-PAT

The Watch-PAT is a new, clinically proven diagnostic device utilizing innovative technology that enables accurate detection of sleep related breathing disorders, in the comfort of the patient's home. Monitoring changes in peripheral arterial tone and activity, as well as in blood oxygen saturation levels, the Watch-PAT identifies apnea events at very high sensitivity and specificity levels. The wrist-mounted Watch-PAT has been clinically validated in multiple studies as a very reliable and effective technology, with outcomes comparable to in-hospital PSG sleep studies. Thanks to the Watch-PAT's ease-of-use and automated data analysis, health care providers are now able to diagnose sleep apnea in their own office while enabling patients to benefit from a quick and reliable test in their own homes.

Watch-PAT from initial patient interview to issuing final report.

Patient Interview

Home Sleep Study

Diagnosis Recommendations
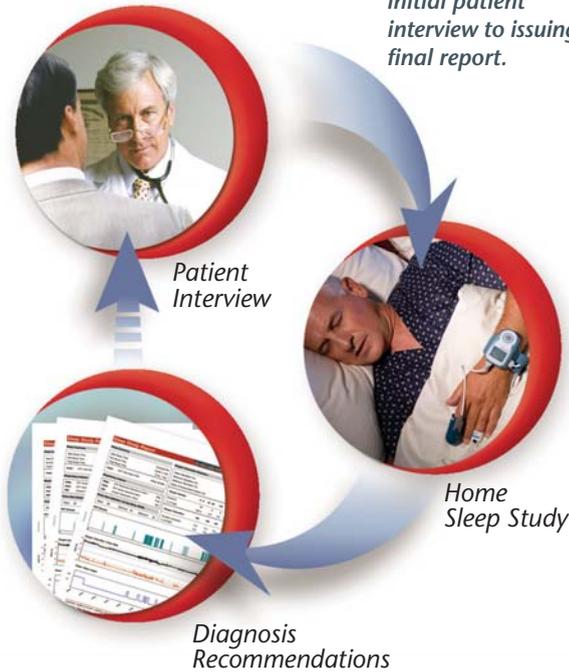
The easiest and most convenient way to diagnose OSA

Sleep is a major factor in our overall health and wellbeing. This brief quiz from the American Academy of Sleep Medicine may provide a clue to your sleep profile.
If you answer true more than twice, you may want to discuss your sleep problem with a healthcare professional, and discuss the possibility of ruling out OSA.

		True / False	
1.	I feel sleepy during the day, even when I get a good night's sleep.	☐	☐
2.	I get very irritable when I can't sleep.	☐	☐
3.	I often wake up at night and have trouble falling back to sleep.	☐	☐
4.	It usually takes me a long time to fall asleep.	☐	☐
5.	I often wake up very early and can't fall back to sleep.	☐	☐
6.	I usually feel achy and stiff when I wake up in the morning.	☐	☐
7.	I often seem to wake up because of dreams.	☐	☐
8.	I sometimes wake up gasping for breath.	☐	☐
9.	My bed partner says my snoring keeps her/him from sleeping.	☐	☐
10.	I've fallen asleep while driving.	☐	☐

Itamar Medical Ltd. *is pioneering the introduction to medicine of the PAT (Peripheral Arterial Tone) signal, a non-invasive window to the autonomic nervous system. PAT based products can provide an early-stage detection of disease, facilitate patient follow-up and help to improve patient care, while reducing the overall cost of healthcare.*

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Watch-PAT

When did you last have a good night's sleep?

OSA diagnosis-
today it's easier than ever

If left untreated, OSA, can be life threatening

Obstructive Sleep Apnea

Obstructive Sleep Apnea (OSA) is recognized as repeated episodes of cessation in breathing during sleep. Sleep Apnea can be treated effectively using various approaches, including Continuous Positive Air Pressure (CPAP), oral appliance therapy and surgery.

Snoring is considered a major indicator of OSA, and risk factors include weight gain, age, family history and anatomic abnormalities. OSA is highly correlated with cardiovascular conditions such as hypertension, heart disease and stroke. OSA is also associated with daytime sleepiness, headaches, memory loss, mood changes, relationship disturbances and decreased libido.

Sleep apnea affects an estimated 25 million adults in Europe.

Despite the growing awareness of the severe consequences of untreated OSA, 90% of sleep apnea patients are still undiagnosed.

Possible complications

Untreated sleep apnea is a major independent risk factor contributing to:

- Hypertension
- Cardiovascular disease
- Cognitive impairment and daytime sleepiness
- Depression
- Impotency
- Motor vehicle accidents
- Increased mortality

Diagnosis of sleep apnea

Detecting sleep apnea generally involves a sleep study, using polysomnography (PSG) to monitor various physiological functions during an overnight stay in a sleep laboratory or in a hospital. Studies have demonstrated the efficacy of the Watch-PAT in diagnosing sleep apnea in the comfort of the patient's home, an environment that is more friendly to the patient and better reflects the actual pattern of a patient's sleep habits.

Your health care provider can make the difference

The treatment of choice for Obstructive Sleep Apnea (OSA) is Continuous Positive Airway Pressure (CPAP). There are other treatment alternatives that keep the airway open, such as surgery, oral appliance therapy and weight reduction.

CPAP:
The pressurized flow keeps the airway open.
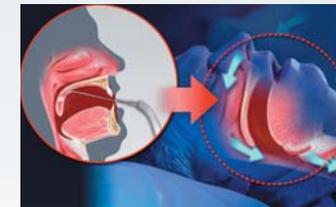
Radiofrequency Thermotherapy:
Radiofrequency induced thermotherapy creates submucosal volumetric lesions; which results in tissue reduction and stiffening, thus keeping the airway open.

Oral Appliance:
Repositioning oral appliances maintain the lower jaw in a protruded position, thus opening the airway and increasing muscle tone.

Normal: clear air passage

Abnormal: obstructed air passage

OSA is mainly caused by the collapse of the upper airway due to insufficient muscle tone during sleep, often in addition to certain anatomical factors.

The functions of REM and dreaming are associated with consolidation of memory, processing newly learned material, stimulation of the brain and solving daytime problems and conflicts. REM deprivation causes memory disruption and impairs the recollection of newly learned material. REM sleep detection is fundamental to characterize and correctly analyze a sleep study. The importance of the Watch-PAT100 in the detection of OSA lies in its unique features, including the detection of wake, sleep and REM states, and its proven diagnostic accuracy in apnea assessment.

The key to treatment is proper diagnosis