



SleepQuest Signs National Contract With Aetna

SleepQuest is pleased, and honored, to announce we have been awarded a national contract to provide both Sleep Testing and CPAP Therapy services to Aetna patients across the country. SleepQuest will now be able to serve many more patients with Obstructive Sleep Apnea (OSA).

"This marks a momentous step forward for the recognition of in-home sleep testing as an effective, cost-efficient means of diagnosing sleep-related illnesses," said Robert Koenigsberg, President of SleepQuest. "Aetna has taken a national leadership position in increasing access for diagnosing sleep-related illnesses like Sleep Apnea. It is our hope that if these conditions are diagnosed sooner, patients will receive treatment which could improve their quality of life. SleepQuest is very excited to be in a position where we can reach out to more physicians and patients to help fight these debilitating disorders." To read the complete press release, please visit our website, www.SleepQuest.com.

SleepQuest to Open New Office in San Jose / Santa Clara County

For the past five years, patients and physicians alike have been asking SleepQuest to open an office in the San Jose area. Good news! We are very excited to announce that after several months of looking at properties, we have found our new site. This facility is conveniently located near Good Samaritan Hospital at Highway 17 and 85 on Lark Avenue in Los Gatos. We will be in this new facility on August 1, 2009. Directions and address will be posted on our website by the end of July 2009, as well as in the next issue of this newsletter.

Did You Know That... SleepQuest Provides Home Sleep Testing?

Many primary care doctors and sleep physicians entrust their patients to SleepQuest because they know we provide superior care along with a wide selection of treatment equipment. But, did you know that SleepQuest is also a leader in providing portable sleep testing all in the comfort and convenience of the patient's own home? Given the choice, most patients would prefer to have their sleep study at home.

Below are some of the many reasons why home sleep testing may be better for most patients for the diagnosis of sleep disordered breathing:

- Less expensive than in-lab attended studies
- Faster to schedule / faster to diagnose
- Faster to begin treatment
- More comfortable to fall asleep in familiar surroundings
- No inconvenience to other family members
- Go to sleep and wake up when you want
- More representative of your normal night's sleep

Sleep Soundly this Summer

We have just received several new items intended to make nasal and full face masks even more comfortable and quiet. Also, if you plan to travel this summer, contact SleepQuest to obtain alternate power supply options for your device and other travel supplies. **Call 1-800-813-8358**

Tell A Friend!

If you know someone who is affected by snoring, poor sleep and daytime fatigue, please refer them to SleepQuest so that they too can benefit from the diagnosis and treatment of sleep apnea. We have a special promotion going on this summer. When you refer a friend or loved one to SleepQuest, you both become eligible to receive our most popular bed pillow on the market today, the Oxygen Pillow by European Sleepworks. [Take a look at the other side of this newsletter for details.](#) For more information about our new partnership with Aetna, or the Oxygen Pillow sweepstakes, please give us a call at 800-813-8358, or email us at newsletter@SleepQuest.com



Drawing for Incredibly Comfortable O₂ Pillow

Is there someone you know who snores or complains that they are always tired? You can help them learn more about OSA by having them complete the simple survey below. When we receive the survey, you will both be entered into a drawing for a free Oxygen Pillow by European Sleepworks. The Oxygen Pillow is hypoallergenic and properly aligns the head and neck for a better sleeping posture and deeper sleep through deeper breathing.

(Drawing ends on 9/30/2009)

Take this Sleep Survey to find out your risk level of having Sleep Apnea

Fax the completed survey to **(866) 721-8481** or call any of our offices. A SleepQuest specialist will quickly provide a Free Evaluation of your Sleep Apnea risk level and answer any questions you might have.

Your Name: _____ Phone: _____ Cell: _____

Email: _____

Who referred you to SleepQuest?

Name: _____ Phone: _____ Cell: _____

Email: _____

1. Do you snore?

- Yes No Don't Know

2. If you snore, is it:

- Slightly louder than breathing
 As loud as talking
 Louder than talking
 Very Loud

3. How often do you snore?

- Nearly every day
 3 - 4 times a week
 1 - 2 times a week
 1 - 2 times a month
 Never or hardly ever

4. Has your snoring ever bothered other people?

- Yes No

5. Has anyone noticed that you quit breathing during your sleep?

- Nearly every day
 3 - 4 times a week
 1 - 2 times a week
 1 - 2 times a month
 Never or hardly ever

6. How often do you feel tired or fatigued after your sleep?

- Nearly every day
 3 - 4 times a week
 1 - 2 times a week
 1 - 2 times a month
 Never or hardly ever

7. During your wake time, do you feel tired, fatigued or not up to par?

- Nearly every day
 3 - 4 times a week
 1 - 2 times a week
 1 - 2 times a month
 Never or hardly ever

8. Have you ever nodded off or fallen asleep while driving a vehicle?

- Yes No

If yes, how often does it occur?

- Nearly every day
 3 - 4 times a week
 1 - 2 times a week
 1 - 2 times a month
 Never or hardly ever

9. Do you have high blood pressure?

- Yes No



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