

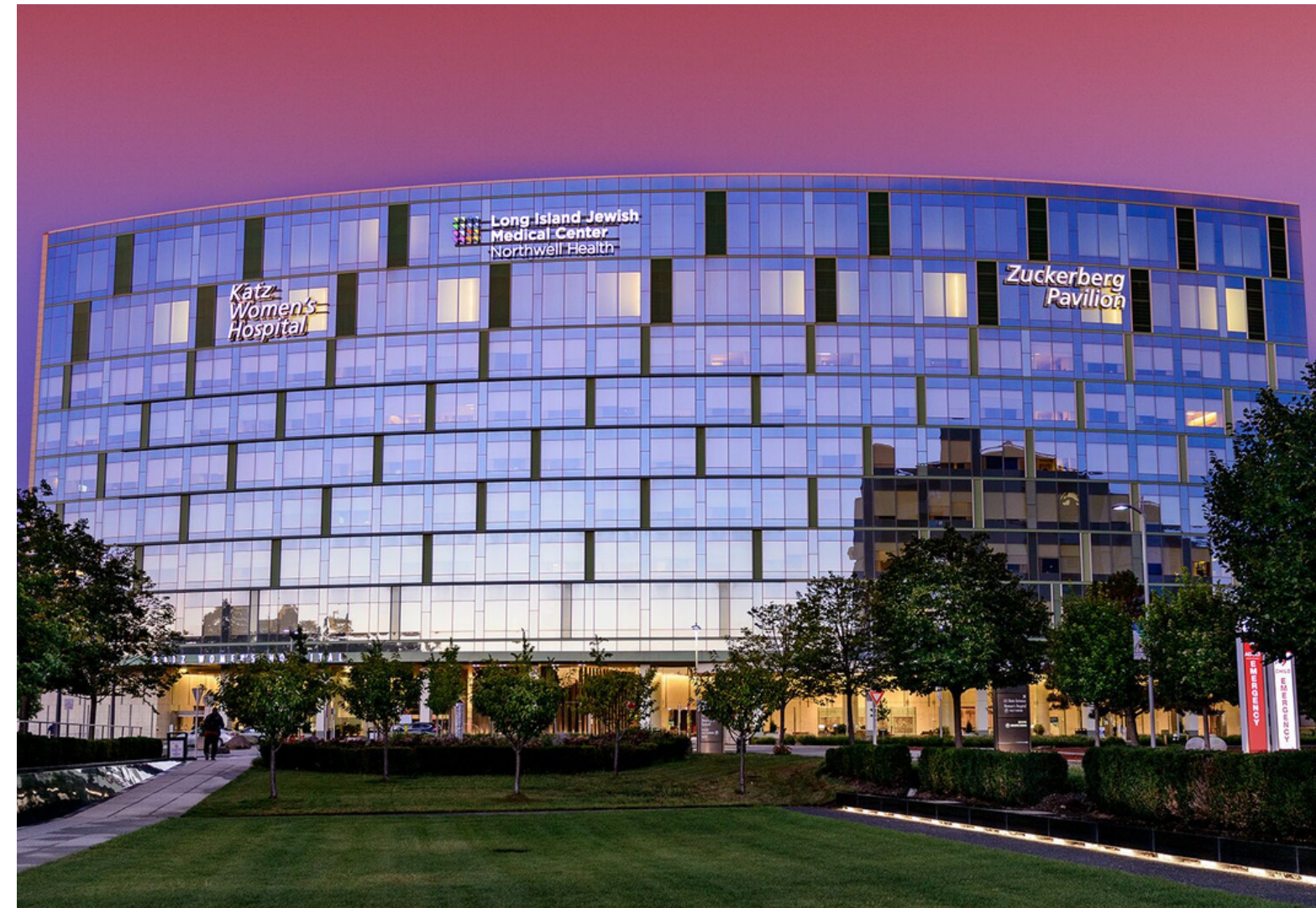


EnsoSleep Opens Up Time to Support the Sleep Lab Workflow

An **ensosleep** Case Study

About Northwell Health

[Northwell Health](#) is a nonprofit integrated healthcare network that is New York's largest healthcare provider and private employer, serving millions of patients with more than 81,000 employees, including flagship hospitals [North Shore University Hospital](#) and [Long Island Jewish Medical Center](#). Northwell's Division of Pulmonary, Critical Care and Sleep Medicine provides world-class clinical care, education and research, [grading among the top five in New York](#) for pulmonary care according to Healthgrades.



Long Island Jewish Medical Center, part of the Northwell Health network.

Mounting Sleep Lab Challenges Outweigh Trepidation

Kristen Cruz serves as the Manager of Sleep Services, overseeing the 23 person sleep team. Like many sleep lab managers and teams, Cruz and the technologists at Northwell had reservations about trying another auto-scoring software. **But their challenges outweighed the risk.** Struggling with a large backlog, staff didn't have time to educate and treat patients or grow other programs, including their HSAT operation.

“We had a natural skepticism with using any non-technologist scoring based on past experience with auto-scoring in the sleep study software application. The quality never met our standards. However, we were interested in a scoring solution that would **reduce a long backlog of scoring and free up our technologists** to do other things such as home sleep studies, daytime sleep testing, mask fittings and PAP naps,” said Kristen Cruz, Sleep Lab Manager, Northwell Health.

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EnsoSleep AI Scoring Provides Impactful Time Savings

In 2020, Northwell Health added EnsoSleep AI Scoring for both PSGs and HSATs. In four years, Northwell's sleep labs have **used AI to support more than 7,000 patients across in-lab and at-home sleep tests.** With EnsoSleep, scoring times for PSGs have plummeted, HSAT scoring has been eliminated, and Cruz's team of sleep technologists has time to provide patient care instead of scoring studies. With the power of EnsoSleep AI Scoring, the team was able to **cut average PSG scoring times by 78 percent. For HSATs, they eliminated scoring entirely**, instead sending AI scored studies directly to the interpreting physicians.



The Benefits of Adding EnsoSleep AI Scoring

With the drastic reduction in scoring times, the Northwell sleep team has time to address a number of priorities in the sleep lab. **“We have been able to increase our volume of home sleep studies, daytime sleep testing, mask fittings and PAP naps,”** said Cruz. She also highlighted the potential challenges sleep labs might face when implementing AI scoring software. **“Expect resistance from physicians and technologists. They will eventually see the benefit of EnsoSleep, but it may take a bit of time,”** Cruz said.

But ultimately, Cruz believes the implementation pushback is worth working through with the EnsoData team, as it allows the sleep lab to improve the quality of care they provide patients. **“Utilize technical support because they are willing and able to make any changes or revisions that you need. AI Scoring is a necessary and valuable tool that will only enhance the level of care you can provide for patients,”** concluded Cruz.

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Schedule an EnsoSleep Demo Today!

EnsoSleep simplifies and accelerates the sleep testing, diagnosis, and treatment workflow, providing sleep teams with more opportunities to expand patient care, improve outcomes, reach more patients, and impact sleep center growth.

Trusted in over 500 sleep clinics to help assess more than 1.3 million patients, it's time to consider adding **EnsoSleep AI Scoring and Study Management** to your sleep clinic. Schedule a personal demo to see how EnsoSleep can help your sleep clinic overcome workflow challenges.



Request a Demo!



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