

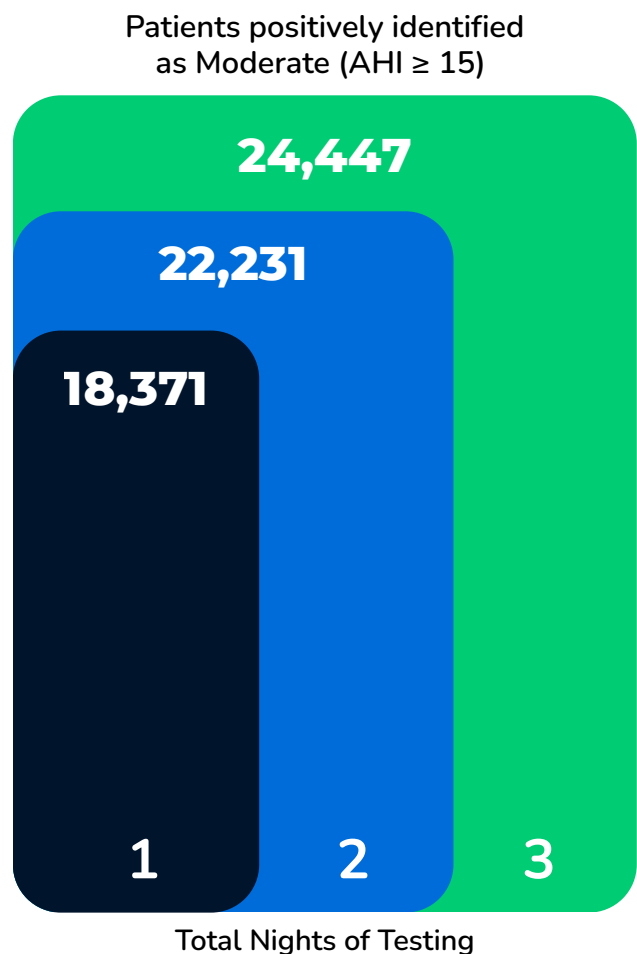
## If 1 in 4 OSA Patients Are Missed, Is One Night Really Enough?

A single night is only a snapshot of your patient's sleep health.

Research shows that **AHI and OSA severity can vary significantly from night to night**, placing patients at risk for underdiagnosis and misclassification.<sup>1</sup>

Multi-night testing provides a clearer, more accurate picture of a patient's sleep apnea severity.

Analysis of over 55,000 patients using **EnsoHST** shows that **three-night testing identifies 25% of patients with  $AHI \geq 15$  who are missed with single-night testing.**<sup>2</sup>



**Why should you pay more for a confident diagnosis?**

**EnsoHST is one price for up to 7 nights of testing.**

1 Nygate, Y., MSc., et al. (2025). Evaluating the Impact of Multi-Night Home Sleep Apnea Testing for Obstructive Sleep Apnea Diagnosis. Sleep, Volume 48, Issue Supplement\_1, Pages A297-A298, <https://doi.org/10.1093/sleep/zsaf090.0683>

2 Data on file.

## Why isn't single-night testing enough?

Single night testing misses patients because of night-to-night variability and "first night effect."

## Why is EnsoData uniquely positioned to evaluate night-to-night variability?

EnsoData has the **largest and most diverse dataset** of multi-night home sleep tests, enabling robust analysis of variability across nights and patient populations.

## What dataset was analyzed?

We analyzed a sample of **over 55,000 patients** who completed at least 3 nights of diagnostic testing using EnsoHST.

## What are the results?

Single night testing **missed 25%** of patients with moderate sleep apnea (AHI  $\geq 15$ ).

Therefore, multi-night testing translates to **fewer missed diagnoses** and **more patients getting appropriate treatment**.

## Will multi-night testing increase my costs?

No. EnsoHST is one price per patient for up to 7 consecutive nights.



One night of testing is only a snapshot of your patient's sleep health.

Multi-night testing with **EnsoHST** gives you a more complete and accurate clinical picture.

**Schedule a demo today.**



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