

# Testing & PAP Therapy Journey



## 1 Consultation

Appointment with a Sleep Specialist.



1-2 WEEKS ▶

## 2 Diagnostic Sleep Study

Overnight sleep study to assess what happens when you sleep.



◀ 1-3 WEEKS

## 3 Follow Up

Appointment with a Sleep Specialist to go over your sleep study results. If sleep apnea is identified, you'll continue to step 4.



SOONEST AVAILABLE APPOINTMENT ▶

## 5 Therapeutic Sleep Study

This study will determine the optimal PAP pressure setting and mask fit to treat your sleep apnea.



2-5 WEEKS ▶

## 4 Mask-Fitting Appt.

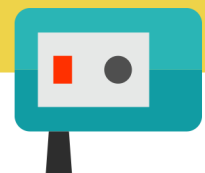
If PAP therapy is recommended, you will be fitted with a mask before a therapeutic sleep study.



◀ 2-3 WEEKS

## 6 Receive PAP Equipment

Once therapeutic sleep study report is finalized, a prescription for your personal PAP machine will be created. Your insurance coverage determines where your prescription can be filled, how long the authorization process will take, and what your cost will be.



◀ 30-45 DAYS

## 7 Follow Up Appointment

Follow-up appointment with a Sleep Specialist after PAP usage to ensure that therapy is working and report compliance to your insurance.

