

Home-testing devices for diagnosing obstructive sleep apnoea hypopnoea syndrome

Information for the public

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People 16 years and over

NICE has said that the following home-testing devices can be used to diagnose and assess the severity of obstructive sleep apnoea hypopnoea syndrome (OSAHS) in people 16 years and over:

- AcuPebble SA100
- Sunrise
- WatchPAT 300
- WatchPAT ONE.

More research is needed on the Brizzy home-testing device in this age group.

People under 16 years

More research is needed on the following home-testing devices to diagnose and assess the severity of OSAHS in people under 16 years:

- Brizzy
- Sunrise
- WatchPAT 300
- WatchPAT ONE.

How the devices work

Home-testing devices for OSAHS are designed to be more comfortable and easier to use than home oximetry and home respiratory polygraphy systems. They are worn at home overnight to see whether you have OSAHS and how severe it is. They might be better at diagnosing OSAHS than other tests because they may allow a more natural night's sleep.

Two of the devices attach to the finger (WatchPAT 300 and WatchPAT ONE), 1 attaches to the neck (AcuPebble SA100), 1 to the chin (Sunrise), and 1 to the chin and forehead (Brizzy). If there is hair where the device attaches then this will need to be removed. Your healthcare professional should choose a device that attaches to an acceptable place for you.

Is this treatment right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. Read more about [making decisions about your care](#).

Questions to think about

- How well does it work compared with other tests?
- What are the risks or side effects? How likely are they?
- What happens if I do not want to have the test?
- How long will the test take?
- How do I get my test results? Will there be a follow-up appointment?

Information and support

The [NHS website on sleep apnoea](#) may be a good place to find out more.

These organisations can give you advice and support:

- [Sleep Apnoea Trust](#), info@sleep-apnoea-trust.org, 0800 025 3500
- [The Sleep Charity](#), info@thesleepcharity.org.uk

You can also get support from your local [Healthwatch](#).

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

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