

Medical Insurance Coverage

If you've been diagnosed with Obstructive Sleep Apnea (OSA), you may be wondering which treatment options are covered by your medical insurance. And if so, how much assistance can you expect?

While insurance plans vary and have different deductibles, restrictions and limitations, chances are good that your OSA treatment is eligible for insurance benefits. In general, common diagnostic and treatment procedures, as prescribed by your doctor, are covered within the limits of your plan.

Overnight sleep studies, CPAP, BiPAP and Oral Appliance Therapy are frequently covered by most medical insurance plans, including Medicare.

Our office is committed to helping you understand your insurance benefits and limitations. We can help you determine your expected co-payments and total out-of-pocket expenses, if any, and can assist you in maximizing your benefits.

Some medical insurance plans are more restrictive than expected. Ultimately, the better you understand your policy, the fewer surprises you will have.



Dr. Hans Schleicher, DDS

Dr. Schleicher is a leading expert in Dental Sleep Medicine. His passion is to improve the quality of life for those suffering with snoring, or OSA, with a comfortable, custom-fitted, effective and FDA approved dental appliance.

At Sleep Houston, we take a team approach. We coordinate testing and communications with your physicians to make the entire process as seamless as possible. We will bill your insurance company or Medicare to minimize your out of pocket expenses. Our state of the art facility is easy to find with convenient drive up and walk in parking.

MEMBER OF:

AMERICAN ACADEMY OF DENTAL SLEEP MEDICINE
AMERICAN ACADEMY OF SLEEP MEDICINE
INTERNATIONAL ACADEMY OF SLEEP

Getting started on your way to a better night's sleep is as easy as picking up the phone!

713.828.8587
9099 Katy Freeway / Houston, Texas 77024
WWW.SLEEPHOUSTON.COM



Guide to a Better Night's Sleep

Treating Snoring and Obstructive Sleep Apnea

Sleep Houston

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CPAP Therapy

CPAP, or Continuous Positive Airway Pressure, is the front line treatment for OSA or obstructive sleep apnea.

CPAP keeps your airway open during the night by gently providing a constant stream of air through a mask you wear while you sleep. CPAP is a lifestyle change and works best when used every night, for the whole time you are sleeping. The more you use CPAP, the better you will feel. There are several models, hoses and masks to choose from. Find the one that works best for you!

People who have had chronic interruptions of sleep cycles are able to return to normal sleep patterns while undergoing PAP therapy and wake feeling rested and ready to tackle the day's activities without being groggy or sluggish.

BENEFITS OF CPAP THERAPY

- Extensive studies show it is the gold standard for sleep apnea treatment
- It works for central sleep apnea
- Pressures are adjustable
- Many masks and styles to choose from
- Will leave you feeling more rested and productive



Take This Quiz for Obstructive Sleep Apnea

- Are you a loud, habitual snorer?
- Always tired, have trouble concentrating and staying awake during your waking hours?
- Do you awake choking, gasping or holding your breath?
- Are you regularly unrefreshed, even after waking from a full night's sleep?
- Have you ever dozed off in a social setting party, movie, driving a car, etc?
- Do you often suffer from poor concentration or judgment, memory loss, irritability and/or depression?
- Are you overweight, or do you have diabetes, hypertension or heart disease?

If you checked two or more of the above, you may be suffering from OSA.

Untreated obstructive sleep apnea can cause high blood pressure and other cardiovascular diseases, memory problems, weight gain, sexual dysfunction and headaches. We can help you with a referral to a sleep doctor for evaluation.

DID YOU KNOW:

- How you sleep directly impacts the quality of your life, both physically and emotionally?
- If a sleep disorder is left untreated, it may lead to hypertension, heart attack, stroke or depression?
- Good sleep helps you recover from illness and injury, as well as keeping you alert and awake when you need to be?



Oral Appliance Therapy



An oral appliance works by allowing the tongue and lower jaw to move forward which opens and stabilizes the airway.

You must be custom fitted for an oral appliance in

order for it to be effective. Over-the-counter devices are not recommended as a treatment option for snoring or sleep apnea and have been proven to not be as effective.

Members of the sleep team collaborate to provide you with oral appliance therapy. The board certified sleep medicine physician must diagnose obstructive sleep apnea using a sleep study. Once you are diagnosed, a dental sleep medicine specialist can fit you with an oral appliance. These dentists must have special training in treating sleep apnea.

BENEFITS OF ORAL APPLIANCE THERAPY

- Permits normal mouth opening
- Allows for speech and drinking
- Safe and effective
- Clinically validated
- Easily adjustable
- Custom fit
- Full lip seal
- Packs and travels with ease
- Warranted against breakages
- Can be used with a CAP for added benefits

