

Sleep Study Levels

What are the differences between a Level 3, Level 2, and a Level 1 sleep study?

		LEVEL 3	LEVEL 2	LEVEL 1
LOCATION	At-home	✓	✓	-
	In a lab/centre	-	-	✓
OBSERVED BY	Technologist (RPSGT)	-	-	✓
WHAT IT MONITORS	Breathing activity	✓	✓	✓
	Snoring	✓	✓	✓
	Airflow	✓	✓	✓
	Oxygen levels	✓	✓	✓
	Heart rate	✓	✓	✓
	Brain activity	-	✓	✓
	Muscle activity	-	✓	✓
	Sleep quality (onset time, efficiency, REM and non-REM, sources of disturbances)	-	✓	✓
WHAT IT DIAGNOSES	Sleep apnea	✓	✓	✓
	Leg & body/PLMD	-	✓	✓
	Narcolepsy* *(MSLT req. to complete diagnosis)	-	✓	✓
	REM Sleep Behaviour Disorder	-	-	✓



Level 2 Sleep Studies

Benefits

What are the benefits versus a Level 1 sleep study?

- No wait time for a sleep study in a lab
- Done from the comfort of your own bed, not a sleep lab
- No travel or time off from work required
- Private—sleep without a Registered Polysomnographic Technologist (RPSGT) watching

Who is it right for?

Who should have a Level 2 sleep study?

- Those who suffer from poor sleep but are not at risk for sleep apnea, **or**
- Those who are unsure of the cause of their poor sleep, **or**
- Those who are uncomfortable with sleeping in a lab environment and/or under observation of a RPSGT

Get started

How do you access a Level 2 sleep study?

At-home level 2 sleep studies are offered at Careica Health through our partner, Cerebra Health (currently only available in Manitoba). Book a free phone consult to learn more or to schedule your level 2 sleep study today!

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