

Are You a S-NORE-R?



S-NORE-R (Sleep NOREpinephrine Release) is your body's "Fight or Flight" reaction during sleep.

Sleep NOREpinephrine Release (S-NORE-R) occurs when you are snoring (struggling to breathe) and your brain thinks you are in danger. S-NORE-R can lead to medical issues and make chronic conditions worse.

Do you Snore?

If you snore, you need a sleep test.

While it may be annoying to your loved ones and a source of family jokes, snoring is no laughing matter. It is the sound of an obstructed airway and triggers S-NORE-Rs ("fight or flight").

Do you have High Blood Pressure or Heart Disease?

If you suffer from any cardiovascular condition, it is critical that you have a sleep test.

S-NORE-Rs raises blood pressure and causes heart disease (Afib, heart failure, stroke, heart attack, etc.).

Do you have Type 2 or Pre-Diabetes?

If you have Type 2 or Pre-Diabetes, you need a sleep test.

The release of norepinephrine during sleep (S-NORE-R) increases blood sugar and insulin levels, making your blood sugar management much more difficult.

Are you Overweight?

If you are struggling to lose weight, get a sleep test.

During sleep, the fat generating hormones, insulin and cortisol, are usually at their lowest levels. However, a S-NORE-R ("fight or flight") reaction increases both which can make weight loss more difficult.



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Ask your doctor about getting a **Sleep Evaluation** today.

A BETTER NIGHT'S REST BEGINS WITH



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Step 1 | Doctor Referral

Your doctor will send your information to us, and a member of our staff will call you. During this call, we will schedule your Home Sleep Test and Test Results Appointment.

Step 2 | Home Sleep Test

Your Home Sleep Test should arrive in 1-3 days. Use your test the night you receive it, and follow the instructions carefully. Once you wake up, your study data will be securely uploaded to us.

Step 3 | Test Results Visit

Your Home Sleep Test will be reviewed by a Board-Certified Physician. During your Test Results visit (via telemedicine or in one of our offices), your Provider will share your results and next steps including treatment options, if needed.

Step 4 | Treatment

If you require treatment, we will coordinate your equipment deliveries, help you adjust to your therapy, and work with you to ensure your success. Get ready to feel and sleep better!

For more information about our process, visit:
s-nore-r.com