



## **Home Sleep Testing – Common Questions and Answers**

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## I thought BRAEBON was a sleep sensor company? How can BRAEBON help me with Home Sleep Testing (HST)?

Yes, we started with sleep sensors but over the past several years BRAEBON has been doing much more than just sleep sensors. In fact, we've been in the Home Sleep Testing business much longer than most other companies. We took our famous sleep sensor technology and adapted it to work with our own portable recorders in the home. The result is BRAEBON now sells a complete range of top-notch Level 3 & Level 4 Home Sleep Testing equipment.

## What are the BRAEBON HST devices called?

BRAEBON offers two HST devices for recording snoring and sleep apnea: the BRAEBON MediByte® is our 12-channel Level 3 HST device and the MediByte® Junior is the 6-channel Level 3 / 4 HST version.

## What's the difference between the MediByte and its sibling, the MediByte Junior?

The MediByte is a complete 12-channel Level 3 recorder which exceeds all new home sleep apnea testing guidelines. The MediByte Junior is a 6-channel Level 4 recorder which can be upgraded to a Level 3 device simply by adding one respiratory effort belt. This entry-level Home Sleep Testing device complies with all CMS requirements for either Level 4 or Level 3 Home Sleep Testing.

The MediByte records everything the MediByte Junior does, but adds an additional effort channel, a sum channel, an oronasal thermal airflow channel, and an Auxiliary port which means you have the option to record more information when using the thermal airflow sensor: ECG, or EMG, or Audio (snoring).

## What exactly does the MediByte and MediByte Junior record?

	MEDIBYTE® Junior 6 Channels	MEDIBYTE® 12 Channels
Airflow (OroNasal Pressure Cannula)	•	•
Snoring (OroNasal Pressure Cannula)	•	•
SpO2	•	•
Pulse Rate	•	•
Body Position	•	•
CPAP Pressure	•	•
Event Marker	•	•
Chest Effort (RIP)	Optional	•
Abdominal Effort (RIP)		•
SUM (RIP)		•
Airflow (OroNasal Thermistor)		•
Audio (Microphone)		•
Volume (dB)		•
EKG		•
EMG (PLMs, Bruxism)		•
Number of software installations per recorder	3	3
Size	World's Smallest Type 3 3"x2.5"x1" 63x76x25mm	World's Smallest Type 3 3"x2.5"x1" 63x76x25mm
Weight in grams (including battery)	81 (2.6 oz)	84 (2.7 oz)
Location worn during recording	Chest	Chest

## What do I get when I buy it?

You get everything you need right out of the box. Simply add your own Windows XP or Vista computer with USB port and you are good to go. When you buy the complete MediByte kit you receive a convenient, durable carrying case which includes the MediByte recorder, all needed software with three software licenses, all sensors, USB communication cable, six patient kits and a one-year MediByte warranty. The MediByte Junior comes in a carrying pack about the size of a shaving kit and includes one patient kit.



**MediByte carrying case**



**MediByte Junior carrying pack**

## How big is the MediByte?

The MediByte is the smallest in its class. The small size means better patient comfort and compliance.



## How easy is it to use the MediByte?

The MediByte is one of the easiest Home Sleep Testing devices to use. Simplicity and ease of use is the key to its success. For example, all connectors are unique. This means the patient training and hook-up is much simpler with no likelihood to plug the wrong sensor into the wrong connector on the MediByte. Attaching the MediByte to the computer is simple and uses a standard USB connection just like your digital camera. The software uses a wizard to prepare the MediByte for a patient recording, and to download the data. The oversized event button makes it easy for the patient to use during the recording. After the recording, the data is automatically analyzed and ready for manual review within our full disclosure software. Quite literally, if you can use a computer mouse you can use the MediByte!

### **How long has the MediByte been on the market?**

BRAEBON has been selling the MediByte since November 2006 and today it is used on five continents.

### **Are patient instructional videos available?**

Yes, go to [http://www.braebon.com/mp8\\_demo.html](http://www.braebon.com/mp8_demo.html) to download the MediByte instructional videos. Go to [http://www.braebon.com/medibyte\\_jr.html](http://www.braebon.com/medibyte_jr.html) to download the MediByte Junior video.

### **Can the MediByte record multiple nights?**

Yes, you can record up to two consecutive 9-hour recordings. In fact, you can choose one 9-hour night, two nights, or one continuous 24-hour recording for EKG. You can also choose to start the recording automatically or manually use the On / Off switch. The ability to record two nights minimizes the first-night effect, and is also useful for evaluating oral appliance treatment with a baseline night and treatment night.

### **Does the MediByte permit full disclosure?**

Yes, MediByte software fully complies with new guidelines and permits both full data disclosure and manual scoring.

### **Can I install the software anywhere I like?**

Yes, you receive three software licenses with your purchase and you can install a copy on any Microsoft Windows XP or Vista computer. Additional software licenses are available for a small fee.

### **Is the MediByte compatible with CPAP?**

Yes, both the MediByte and MediByte Junior can be connected to any CPAP for recording flow, snoring, and CPAP pressure.

### **Is the technology used in the MediByte the same technology used in sleep laboratories?**

Yes, because BRAEBON has been selling sleep sensors to sleep laboratories for over ten years, we use the exact same sensors and technology within our family of Home Sleep Testing devices as we supply to world leading sleep laboratories. This means you meet the new Home Sleep Testing guidelines when using the MediByte. It also means the test results can be exchanged and easily understood by any doctor, dentist, or laboratory. With the MediByte, you are practicing medicine at the state-of-the-art.

### **Can I use sensors from other companies with the MediByte?**

No, to achieve optimal performance with the MediByte you must use genuine BRAEBON sensors. Remember, BRAEBON started in the sleep sensor business and is a recognized leader in this field – why use something else?

### **What is the per use cost of running a test with the MediByte?**

The cost to do a test with the MediByte can be around \$8 to \$10

### **Does the MediByte record EEG?**

No, the MediByte is a snoring and sleep apnea recorder and is not intended for EEG recording. It does not record sleep staging information, but you can record one channel of EKG for up to 24 hours, or one channel of EMG for leg activity or bruxism. Our years of experience have shown us that once EEG is needed for a test, the level of complexity for the patient goes up dramatically.

### **Do I need to hook up the patient and send them home?**

No, because the MediByte is so easy to use most patients hook themselves up at night in the comfort of their own bedroom. Prior to the test, a sleep technologist or dental assistant would prepare the MediByte for the patient before the patient arrives at the laboratory or office. Once the patient arrives, a brief five to ten minute training session is recommended to demonstrate the recorder to the patient and answer any questions. It is also recommended the patient watch the ten minute MediByte video prior to the actual test. Some sleep laboratories also provide their phone number in case the patient has any questions during the evening of the test. On the night of the test, the patient takes the MediByte carrying case home, uses the MediByte and returns the unit the next day where the technologist or assistant downloads the data for analysis.

### **Can I use rechargeable batteries with the MediByte?**

No, our experience has been that rechargeable batteries introduce a number of other problems including longer turnaround time, insufficient battery life, and shorter recording time. By using a fresh, new battery for each recording you are improving the likelihood of success.

### **Can I change the reports?**

You can change the header and footer on the report templates and add your company information, but we generally do not recommend that reports are altered.

### **Has the MediByte been validated?**

Yes, studies have found both high sensitivity and high specificity and have concluded that more than 4 of 5 patients are diagnosed identically when using the MediByte or when using full PSG in a sleep laboratory.

### **What are some of the billing codes?**

The following codes are examples where Medicare provides coverage for beneficiaries who use Home Sleep Testing to assist in the diagnosis of sleep apnea:

**G0398:** Home Sleep Testing, Type II portable monitor; minimum 7 channels - \$150.00

- \$100 is recognized for the Professional Component
- \$50 is recognized for the Technical Component

**G0399:** Home Sleep Testing, Type III portable monitor; minimum 4 channels - \$125.00

- \$85 is recognized for the Professional Component
- \$35 is recognized for the Technical Component

**G0400:** Home Sleep Testing, Type IV portable monitor; minimum 3 channels - \$100.00

- \$70 is recognized for the Professional Component
- \$30 is recognized for the Technical Component

### **What if I still have more questions?**

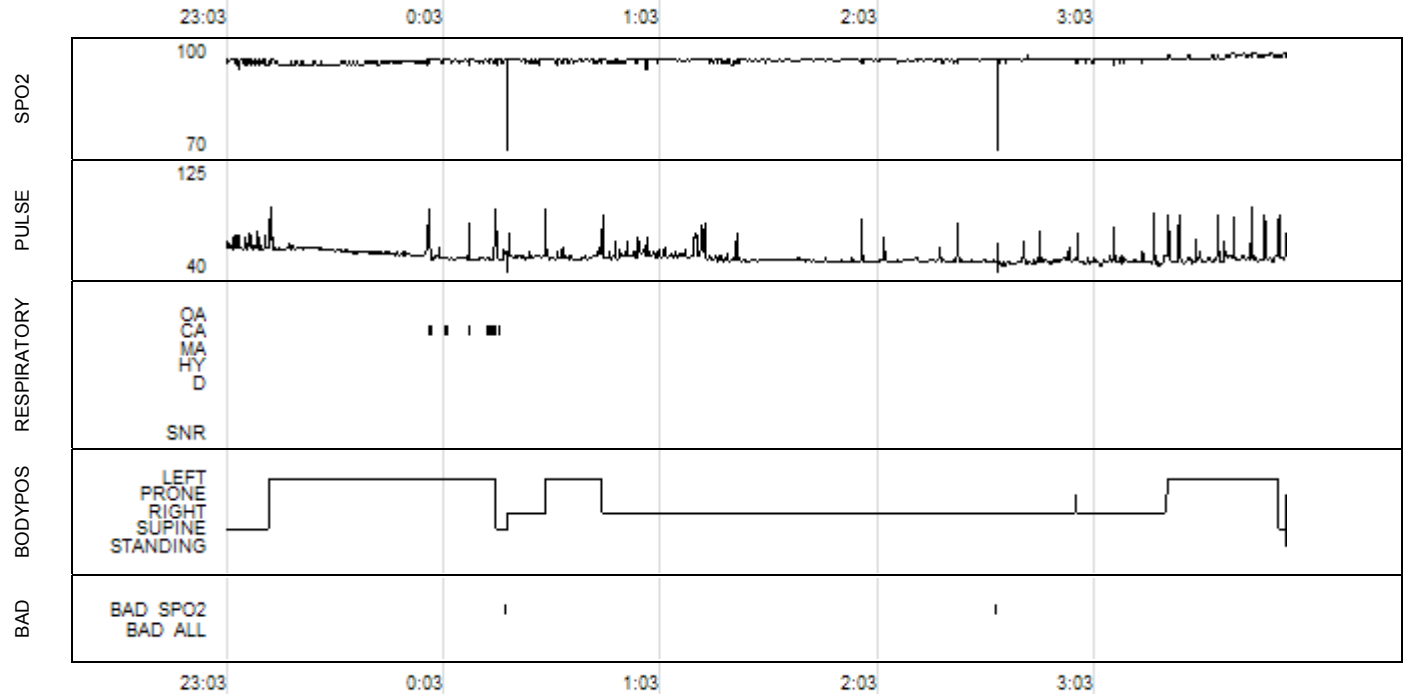
Call us at 1-613-831-6690 x218 or toll-free in North America at 1-888-462-4841 x218. We're here to help.

## What does a sample MediByte Junior report look like?

<b>Patient Name:</b>	Smith, Jack		<b>Patient ID:</b>	12345678
<b>Date of Birth:</b>	02/19/1966		<b>Chart Code:</b>	0987654321
<b>Weight:</b>	165.0 lbs		<b>Study Date:</b>	11/04/08
<b>Height:</b>	5' 9"	175 cm	<b>Age:</b>	42
<b>BMI:</b>	24.5	<b>Neck Circumference:</b> 16"	<b>Sex:</b>	Male
<b>Waist:</b> 32"	<b>Hip:</b> 0"	<b>Waist-Hip Ratio:</b> 0.00	<b>Referring Physician:</b>	
<b>Comments:</b> no comments				

Total Recording Time(TRT): 292.9 minutes						Cardiac					
Respiratory and Snoring Events	Total#	Index	Duration (sec.)			Avg HR:	48.6	Min HR:	40.0	Max HR:	95.0
			Mean	Min	Max						
Central Apneas	10	2.0	26.7	9.9	96.4	<b>Oximetry</b>					
Obstructive Apneas	0	0.0	0.0	0.0	0.0						
Mixed Apneas	0	0.0	0.0	0.0	0.0						
Hypopneas	0	0.0	0.0	0.0	0.0						
Apnea + Hypopnea	10	2.0	26.7	9.9	96.4	<b>SpO2 Range</b>		<b>%</b>	<b>Minutes</b>		
						90-100 %	100.0%	292.4			
						80-89 %	0.0%	0.0			
Desaturations	0	0.0	0.0	0.0	0.0	70-79 %	0.0%	0.0			
						60-69%	0.0%	0.0			
Snoring	0	0.0	0.0	0.0	0.0	50-59%	0.0%	0.0			
						< 50 %	0.0%	0.0			

Body Position	Supine	Prone	Left Side	Right Side	Total Non Supine
% Time in Position	5.7%	0.4%	37.2%	56.8%	94.3%
Snoring events	0	0	0	0	0
Apnea + Hypopnea events	2	0	8	0	8
Apnea + Hypopnea Index	7.3	0.0	4.4	0.0	1.7



Total Recording Time: 292.9 minutes

Patient	Apnea-Hypopnea Index	Severe	Moderate	Mild	Normal
Jack Smith	2.0	>30	15 to 30	5 to 15	<5

## What does a sample MediByte report look like?

<b>Patient Name:</b>	Smith, Mary		<b>Patient ID:</b>	7732767863
<b>Date of Birth:</b>	03/14/1954		<b>Chart Code:</b>	0987654321
<b>Weight:</b>	135.0 lbs		<b>Study Date:</b>	07/12/07
<b>Height:</b>	5' 4"	162 cm	<b>Age:</b>	53
<b>BMI:</b>	23.3		<b>Sex:</b>	Female
<b>Waist: 34"</b>	<b>Hip: 30"</b>	<b>Waist-Hip Ratio: 1.13</b>	<b>Referring Physician:</b>	

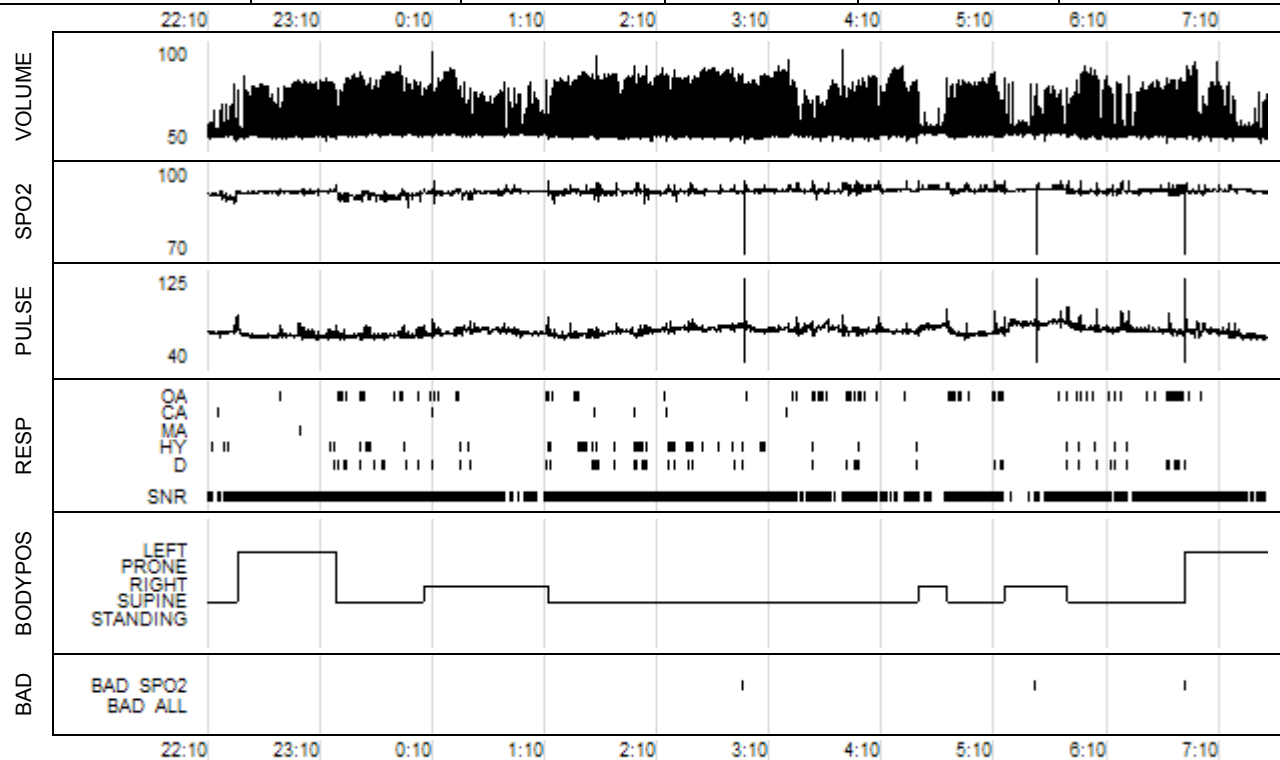
### Comments:

Respiratory and Snoring Events			Cardiac		Oximetry	
	<b>Total#</b>	<b>Index</b>	<b>Mean Heart Rate</b>	68.7	<b>Mean SpO2</b>	93.5%
Central Apneas	6	0.6	<b>Highest Heart Rate</b>	98.0	<b>Min SpO2</b>	86.0%
Obstructive Apneas	83	8.8			<b>Max SpO2</b>	98.0%
Mixed Apneas	1	0.1	<b>Slowest Heart Rate</b>	57.0	<b>% Time SpO2 in Range</b>	
Hypopneas	57	6.0			<b>90-100 %</b>	99.6%
AH	147	15.6			<b>80-89 %</b>	0.4%
Desaturations	56	5.9			<b>70-79 %</b>	0.0%
Snoring	3430	363.4			<b>60-69 %</b>	0.0%
					<b>50-59 %</b>	0.0%
					<b>&lt; 50 %</b>	0.0%

Body Position	Supine	Prone	Left Side	Right Side	Total Non Supine
% Time in Position	62.3%	0.0%	17.1%	20.6%	37.7%
Snoring events	2363	0	624	443	1067
AH events	131	0	5	11	16
AHI	22.3	0.0	3.1	5.7	4.5

### Snoring Volume Table dB(A)

Body Position	Supine	Non-Supine	Right Side	Left Side	Prone
Min	50.0	50.0	50.0	50.0	-
Max	99.9	100.0	100.0	95.4	-
Mean	57.6	55.4	55.1	55.9	-



Total Recording Time: 566.3 minutes

Patient	Apnea-Hypopnea Index	Severe	Moderate	Mild	Normal
Mary Smith	15.6	>30	15 to 30	5 to 15	<5

**Notes**