Home-based Sleep Studies And CPAP Therapy Reduces Costs Without Sacrificing Clinical Outcomes

Hospitals and sleep clinics have a clear vested interest in getting patients into their facilities. To paraphrase the old adage, ‘There is no more perishable commodity than an empty bed’.

But recent research by the School of Medicine at the University of Pittsburgh has shown there is no real reason why the majority of diagnostic sleep studies need to be performed in the hospital / sleep clinic environment. Home based studies and treatment are a completely viable alternative.

In fact, according to the researchers, “Home based testing of obstructive sleep apnoea (OSA) followed by home based treatment with an advanced continuous positive airway pressure (CPAP) system actually reduces costs compared with in-laboratory testing and titration without negatively impacting clinical outcomes, "

So why do so many people get told to get a sleep study done in a hospital or sleep lab?

It seems the main reason is because many GPs are unaware of the recent advances in home based diagnostic technology and so continue to refer to what they presume is the better sleep study provider.

But according to Dr Charles Atwood, MD, associate professor of medicine at the University of Pittsburgh School of Medicine and director of the Sleep Disorders Program of the VA Pittsburgh Healthcare System, "Our study confirms that home testing and treatment initiation for sleep disorders can be accomplished cost-effectively without negatively affecting clinical outcomes,"

Quite simply, the current clinical evidence shows hospitals and sleep labs are no longer the better option.

Firstly, because it’s long been known that people have a far more typical night’s sleep when they undergo their sleep study in the comfort and privacy of their own home. Many people who’ve gone for sleep studies in hospitals and clinics complain they didn’t get to sleep at all, because of the strange bed, pillow, sounds, smells, environment, people, etc.

The second reason hospitals / labs are no longer the best option is because home based studies cost less. Costs, categorized as sleep-related, pharmaceutical, laboratory, hospital, and other costs, were measured over 2.75 years. The cost of home testing was significantly lower than the cost of lab testing. And then, of course, there is the sheer convenience of home based testing.

You have a choice.

If you need a sleep study ask your GP for a referral to us and we’ll look after everything for you … in the privacy, comfort and convenience of your own home.