

SLEEP STUDIES

If you have been diagnosed with sleep apnea or a sleep disorder, reach out to the team at [ConnectCare3](#). They can help by researching physician options and accredited sleep centers to help get your ZZZs back on track!

Seeking board certification shows the physician's commitment to quality and treatment of sleep disorders. Physicians who can be **board-certified in sleep medicine** include, but are not limited to:

- Neurologists
- Pulmonologists
- Ear, Nose & Throat Surgeons
- Dentists



A sleep study can be done in a **lab** or in the comfort of your own **home**. You should always look for an **accredited sleep center** when going for a sleep study. The **American Academy of Sleep Medicine (AASM)** establishes the expectations and is considered the "**Gold Standard**" for patient care.

For additional information, visit www.sleepeducation.org

 ConnectCare3

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