

Manitoba Health is funding expanded at-home **sleep testing, assessment and treatment planning** for Manitoba patients referred for sleep testing by a primary care provider. This service, currently provided in partnership with Cerebra Medical Ltd, is at **no cost** to patients – expanding care options and potentially reducing patient wait times.

Cerebra Medical studies are conducted and assessed, and treatment is planned, by fully qualified and licensed physicians who specialize in sleep disorders. Manitobans who receive their sleep studies from Cerebra Medical also qualify for the provincial CPAP program if therapy is required.

Cerebra Medical is a Winnipeg-based leader in sleep diagnostic technology that has been providing accurate, self-applied in-home sleep studies since March 2019. For more information visit: www.cerebra.health

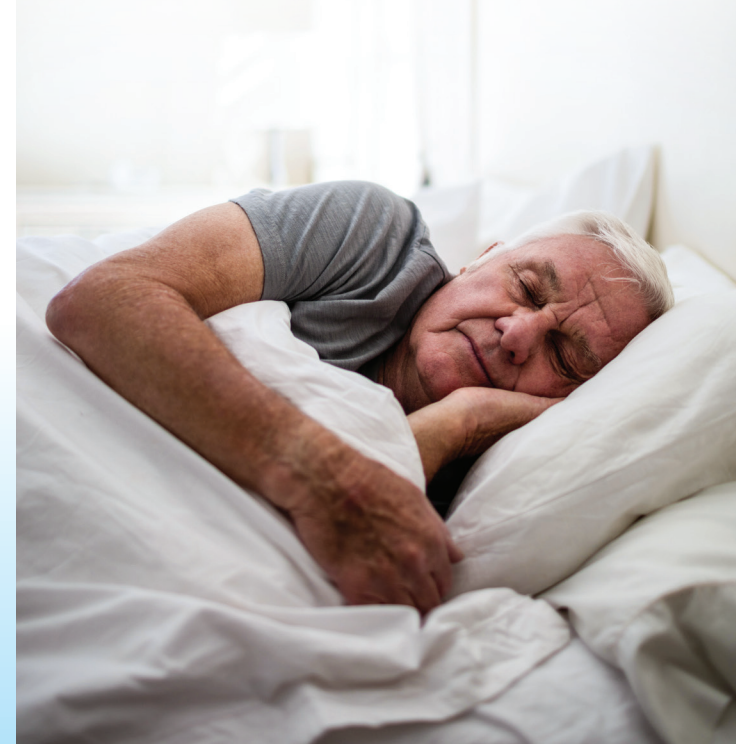


More Information

Manitoba's Diagnostic and Surgical Recovery Task Force was created to help reduce surgical and diagnostic waitlists in Manitoba. They have implemented several initiatives, including at-home sleep disorder study, assessment and treatment planning.

For more information about this and other initiatives that expand care options for Manitobans, visit www.gov.mb.ca/health/dsrecovery or call 1-888-600-0108.

At-Home Sleep Study, Assessment and Treatment Guide





Eligibility

If you are a patient struggling with sleep issues, you may be eligible for at-home testing, diagnosis, and treatment planning currently provided through a provincial partnership with Cerebra Medical at no cost.

Eligibility requirements include:

- Being over 18 years of age
- Must be referred by a primary care provider
- Must experience at least one of the following:
 - Snoring - Any degree of snoring.
 - Sleep Apnea - Any instances when you stop breathing while sleeping and/or waking up unexpectedly with choking or difficulty catching your breath.
 - Insomnia - Difficulty falling or staying asleep at night.
 - Restless Leg Syndrome - Uncomfortable leg sensations, the urge to move legs, burning, aching, creeping, or crawling sensations that worsen with rest and better with movement.
 - Hypersomnolence - Some degree of feeling tired through the day, waking up feeling tired.

All patients are screened and must meet all eligibility criteria.

*Note that this information is current as of May 2023. Additional or different options for **at-home** sleep studies may be added as they become available, including from the Misericordia Sleep Disorder Centre.*

Online intake form portal

Adults referred by their primary care provider can access the Manitoba government's Sleep Disorder Study Intake Assessment eform at forms.gov.mb.ca/sleep-disorder-intake/

Alternatively, primary care teams can support patients in completing the online intake assessment through the portal.

Study and treatment

After the online intake assessment form is complete and the eform has been submitted, the province will contact patients within two weeks to report back about their eligibility.

Eligible patients will be contacted directly by Cerebra Medical or their community partner to begin the guided at-home sleep study process. The results are then assessed, and treatment is planned by fully qualified sleep specialists. When necessary, patients will consult with a physician specializing in sleep medicine in-person or virtually.

Patients referred for Cerebra Medical testing and found to require an in-lab, observed sleep study will be referred to the Sleep Disorders Centre (SDC) for treatment. Patients who are diagnosed and require type 2 treatment will receive treatment plans directly from Cerebra Medical physicians. Sleep apnea therapy (CPAP) prescriptions qualify for the provincial CPAP program. All results and consultation notes will be forwarded to the patient's primary care provider.

Frequently Asked Questions

- Q: Do I have to be on the Sleep Disorders Centre (SDC) waitlist at Misericordia Clinic in order to register for this at-home sleep study?**
- A:** No, you do not need to be on a waitlist. You do need a referral from your primary care provider to be eligible.
- Q: Will I lose my place on the SDC waitlist if I choose to do an at-home sleep study?**
- A:** Until your eligibility is confirmed and you choose to proceed with the at-home sleep study, you will remain on the SDC waitlist. If you choose to proceed with the at-home sleep study option, you will no longer be on the SDC waitlist.
- Q: Will this be faster than waiting for my study from the Sleep Disorders Centre?**
- A:** It depends on where you are on the SDC waitlist, but the at-home sleep study is likely to be a faster option for many patients. Note that Cerebra Medical cannot predict how long you would wait if you choose to stay on the SDC waitlist.
- Q: Will I get a better result from the Sleep Disorders Centre than through the at-home sleep study?**
- A:** The Cerebra Sleep System is a Health Canada and FDA cleared Class II medical device validated against gold standard in-lab polysomnography (PSG) testing. The Cerebra Sleep System provides the advantage of conducting a PSG study in the comfort of your home which will be more representative of your normal sleep pattern. As an in-home PSG however, the study is not intended for patients where overnight observation is required.
- Q: What are the advantages and disadvantages to the at-home sleep study?**
- A:** Some people find conducting the study at home to be more convenient and comfortable, particularly those who don't live in Winnipeg who would need to travel to the sleep study clinic. However, some people find setting up their equipment at home complicated. While Cerebra Medical provides support, anyone considering this option should feel confident being able to follow the set-up instructions provided, available in both video and written form.