

# Clinical Home Sleep Testing



Clinical Grade Home Sleep Testing:  
Simple overnight sleep apnea screening for drivers  
and safety-critical workers

Poor sleep quality is one of the most common hidden causes of workplace fatigue. One of the leading contributors is Obstructive Sleep Apnoea (OSA), a common sleep disorder where the airway repeatedly narrows or closes during sleep. This causes repeated drops in oxygen, sleep disruption, loud snoring, and reduced brain recovery overnight. Many workers do not realise they have it.

## Why this matters for transport safety

Untreated sleep apnoea significantly increases fatigue risk, microsleeps, poor reaction time, and crash risk. Early identification supports safer driving, better health outcomes, and improved fitness for work.

## Ideal for

Drivers with verified Guardian by Seeing Machines fatigue events, loud snorers, drivers reporting daytime fatigue, pre-employment screening, high BMI or hypertension risk, shift workers with poor recovery sleep.

## Common symptoms of sleep apnoea

Loud snoring, Witnessed pauses in breathing, Choking or gasping in sleep, Morning headaches, Dry mouth on waking, Unrefreshing sleep, Excessive daytime tiredness, Falling asleep easily when inactive, Poor concentration, Fatigue events while driving, Hypertension or type 2 diabetes risk factors

## How the WatchPAT home sleep test works

1. A disposable clinical-grade WatchPAT device is couriered directly to the employee
2. The test is worn for one night at home
3. The device includes a wrist sensor, finger probe, and chest sensor
4. It measures breathing patterns, oxygen saturation, heart rate, sleep stages, snoring, and body position
5. Once completed, the device is simply disposed of – no return required
6. Results are reviewed by our clinical sleep specialist
7. A clear report and next-step treatment recommendations are provided

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