U.S. Sleep Diagnostics
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AASM TECHNOLOGY FOR PORTABLE MONITORS

	Level III	BioSensor Detection				Methodology		
Home Sleep Testing Product	**Minimum Channels** (Airflow, Effort, Blood Oxygen)	**Apnea Detection** (Oronasal thermal sensor)	**Hypopnea Detection** (Nasal Pressure Transducer)	**Respiratory Effort** (RIP)	**Blood Oxygen** (Pulse Ox)	**Manual Scoring**	**Sample Rate**	**Raw Data**
Alice PDx	Y	Y	Y	Y	Y	Y	Y	Y
Stardust II	Y		Y		Y	Y	Y	Y
ApneaLink Plus	Y		Y		Y		?	Y
Watch-PAT	Y				Y	Y	?	Y
NovaSom QSG	Y				Y		?	
ARES	Y		Y		Y	?	?	?
Embletta Gold	Y	Y	Y	Y	Y	Y	Y	Y

Y = MEETS AASM, ? = information not available

Section 2.1
At a minimum, the PMs must **record airflow, repiratory effort, and blood oxygenation.**
The type of biosensors used to monitor these parameters for in-laboratory PSG are recommended for use in PMs.

Section 2.2
The sensor to detect apnea is an oronasal thermal sensor and to detect hypopnea is a nasal pressure transducer
IDEALLY, PMs should use both sensor types.

Section 2.3
IDEALLY, the sensor for identification of respiratory effort is either calibrated or uncalibrated inductance plethysmography (RIP).

Section 2.4
The sensor for the detection of blood oxygen is pulse oximetry with the appropiate signal averaging time and accomadation for motion artifact. (Minimum signal averaging time of ≤ 3 seconds at a heart rate of 80 beats per minute or more)

Section 3.3
PM devices must allow for the display of raw data for manual scoring or editing of automated scoring by a trained and qualified sleep technician

Section 3.4
Scoring criteria should be consistent with the current published AASM standards for scoring of Apneas and Hypopneas.

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Device data from manufacturer published specifications

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