

		LEVEL 3	LEVEL 2	LEVEL 1
LOCATION	At-home	✓	✓	
	In a Lab/ Centre			✓
OBSERVED BY	Registered Sleep Technologist			✓
WHAT IS MONITORED	Breathing Activity	✓	✓	✓
	Snoring	✓	✓	✓
	Airflow	✓	✓	✓
	Oxygen Level	✓	✓	✓
	Heart Rate	✓	✓	✓
	Brain Activity		✓	✓
	Muscle Activity		✓	✓
WHAT IS DIAGNOSIS	Sleep Quality (onset time, Efficiency, REM and Non-REM)		✓	✓
	Uncomplicated Sleep Apnea* (Moderate & High Risk)*	✓	✓	✓
	Uncomplicated Sleep Apnea* (Lower Risk)*			✓
	Complicated Sleep Apnea			✓
	Leg & Body/PLMD (Narcolepsy) (MSLT req. to complete diagnosis)		✓	✓
	REM Sleep Behaviour Disorder			✓
	Nocturnal Seizures			✓