

# **Automated home testing devices for diagnosing obstructive sleep apnoea/hypopnoea syndrome (provisional title)**

Obstructive sleep apnoea/hypopnoea syndrome (OSAHS) is a condition in which the upper airway is narrowed or closes during sleep when muscles relax, causing shallower or slower breathing than normal (hypopnoea) or stopping breathing (apnoea). People with OSAHS may not be aware they have the condition, but often experience loud snoring, severe sleep disturbance and daytime sleepiness. If left untreated, the condition can increase risk of cardiovascular and cerebrovascular complications.

The [NICE guideline on obstructive sleep apnoea/hypopnoea syndrome and obesity hypoventilation syndrome in over 16s \(NG202\)](#) recommends offering home respiratory polygraphy to people with suspected OSAHS.

Automated home testing devices are an alternative to home respiratory polygraphy and may be easier to use. They are worn overnight and monitor various sleep parameters, using the data collected to generate a sleep report which can be shared with physicians to support diagnosis of OSAHS. Using automated home testing devices could provide a faster, easier, and more accurate diagnosis of OSAHS while reducing the costs and resource use associated with home respiratory polygraphy.

The NICE diagnostics assessment programme will assess the clinical and cost-effectiveness of automated home testing devices for diagnosing obstructive sleep apnoea/hypopnoea syndrome in order to make recommendations on their use in the NHS.