

SleepCharge utilizes telehealth to evaluate, diagnose, discuss, treat, and manage an array of sleep disorders and disruptors.

### Why SleepCharge?



Personalized  
Therapies



Professional  
Expertise



Proactive Care  
Managers



Extensive Sleep  
Education

### Learn More About *Your* Sleep

Complete the Sleep Checkup<sup>™</sup> to determine your Duration, Timing, & Quality (DTQ<sup>™</sup>) and explore our self-paced library of sleep education.



How long you sleep



When you sleep



How well you sleep

Begin with the Sleep Checkup<sup>™</sup> to learn more about  
your sleep at [sleepcharge.com/pittohio](https://sleepcharge.com/pittohio)

# The SleepCharge Program

Get started with SleepCharge today!

## Step 1: The Sleep Checkup™

You begin by taking the confidential Sleep Checkup™, which determines your Duration, Timing, & Quality (DTQ™). This breaks down *how long* you sleep, *when* you sleep, and *how well* you sleep.

## Step 2: Medical Review & Discussion

Our medical team of certified clinicians and physicians review your results and work with you to determine the next steps for your sleep health care plan.

## Step 3: Sleep Health Care Plan

SleepCharge provides proactive telehealth care to get you on the path toward better sleep.

SleepCharge utilizes telehealth to evaluate, diagnose, and treat sleep apnea. By using a computer or mobile device, you could:

- Take the SleepCharge Sleep Checkup™
- Communicate with our medical or care team
- Request testing supplies and equipment
- Track treatment progress
- Browse educational content
- Access medical documentation

Begin with the Sleep Checkup™ to learn more about  
your sleep at [sleepcharge.com/pittohio](https://sleepcharge.com/pittohio)

SleepCharge follows federal HIPAA guidelines – we do not share any protected health information with your employer or third parties.

