



dreemhealth
sleep * clinic

One partner, *complete* sleep care.

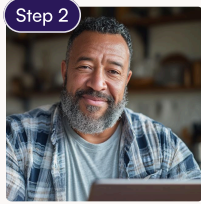
You refer. We handle the rest.

60% patients seen within 48 hours. Diagnosis & treatment in just 2-4 weeks.



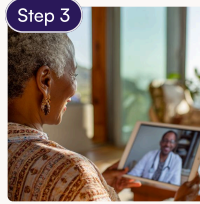
Referral

Submit a fax form to initiate a referral.



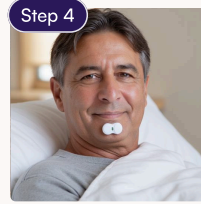
Enrollment

We'll connect with patient for intake.



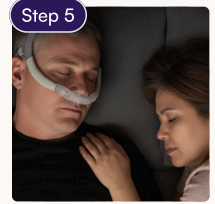
Virtual Visit

They'll meet with a sleep specialist.



Diagnosis

They'll get a 2 night home sleep study.



Treatment

We'll set treatment plan & monitor.

✓ **No chasing required;** our communication keeps you updated at every step.

Why *partner* with us?

- ✓ **Telehealth accessibility,**
your patients can do it all from home.
- ✓ **Easy home sleep testing options,**
with in-lab testing available if need be.
- ✓ **+80% in-house PAP compliance,**
full support from order, set-up and follow-up.

Covered by *insurance*

Patients will receive clear cost estimates before they receive care.

aetna

United
Healthcare

Medicare

Anthem

cigna
healthcare

Humana

...and more! Available in all 50 states.

“

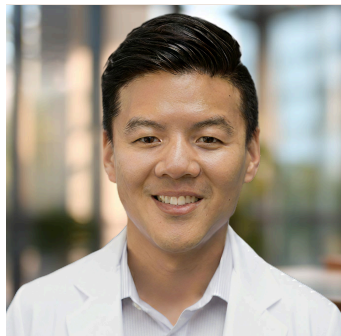
Think of us as a one stop shop for sleep disorders. From diagnosis to treatment, our team of providers care for your patients every step of the way.

TIME

Top healthtech
companies of 2025

Sleep specialists *you can trust.*

A snapshot of our Dreem team.



Dr. William Lu
Doctor of Medicine (MD)



Dr. Jamila Battle
Doctor of Medicine (MD)



Dr. Joshua Roland
Doctor of Medicine (MD)



Dawn Fitzgerald
Nurse Practitioner (DNP, FNP-BC)



Kelly Cranker
Nurse Practitioner (MS, ANP-BC)



Alexandra Rogerson
Nurse Practitioner (FNP-C)



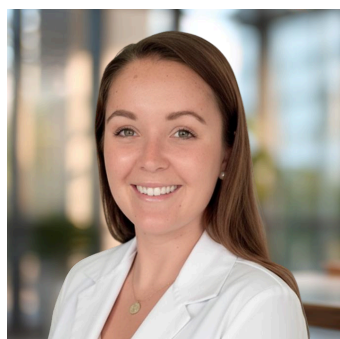
Erin Comerford
Nurse Practitioner (MSN, MPH)



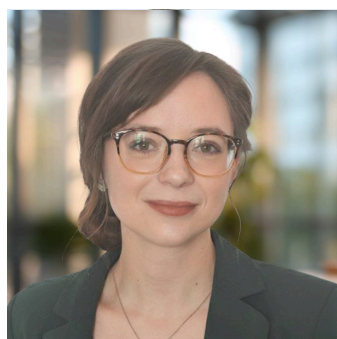
Teresa Gieszl
Nurse Practitioner (MS, NP-BC)



Jenelle Skinner
Nurse Practitioner (NP)



Lauren Henry
Nurse Practitioner (MSN, FNP-C)



Andrea Clarkson
Nurse Practitioner (DNP, FNP-C)



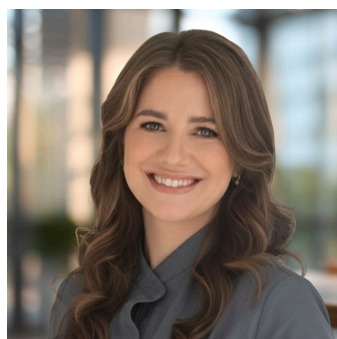
Blessing Ogunsefunmi
Nurse Practitioner (DNP, FNP-C)



Brandi Campbell
Nurse Practitioner (FNP-BC)



Nikkie Tiwana
Nurse Practitioner (FNP-BC)



Madison Sanger
Nurse Practitioner (FNP-BC)

...and many more!

Respiratory therapists,
sleep coaches, and
care coordinators
ready to help your
patients' sleep.

Answers to your questions

Can I receive updates on my patient's treatment progress?

Absolutely. **We keep you in the loop at every step.** You'll get a fax when we receive your referral, another when your patient books their first appointment (or if they don't book within a reasonable timeframe), and then after every visit with updates on the consultation, test results, and treatment plan. We also send regular updates on how they're doing with therapy, including adherence and any adjustments we make.

Do you have a physical location?

No, we're a digital sleep clinic. Your patients can see our team of **30+ sleep specialists online, with same-day booking available.** This means no travel time or taking time off work for appointments. If they need an in-lab test, we coordinate with our network of sleep labs to make it happen.

Are your services covered by most insurance plans?

Yes. We're in-network with major plans including Aetna, Cigna, United Healthcare, Medicare, and Humana. We also work with additional plans in specific states. Just reach out to us to confirm coverage for your patient. For patients without insurance, we offer transparent self-pay pricing: \$149 for consultations and \$199/night for home sleep tests. **All patients who book more than 48 hours in advance will receive a clear cost estimate before their first visit.**

How does the home sleep test work?

Once one of our providers meets with your patient and determines a home sleep test is necessary, we ship them a kit to use for 2 nights. After the test is completed, our sleep physician interprets the results and meets with the patient in a detailed follow-up consultation to discuss the findings and explore treatment options. **Most patients get diagnosed within 2 weeks and start therapy within a month.** If an in-lab test is needed instead, we will coordinate that.

What treatment options do you provide?

We're a one-stop shop for sleep disorders, meaning we can manage all types of sleep conditions, from sleep apnea to insomnia. For treatment, we work with a network of partners to ensure your patient gets the best care.

- **PAP therapy** → In most states, we manage this in-house: we coordinate the equipment, provide ongoing follow-up, and offer coaching through our team of sleep techs. Our results speak for themselves: **75% adherence rates compared to the industry standard of 45%.**
- **Oral appliances** → Prescribed when appropriate, especially for patients with mild or positional sleep apnea. We partner with Daybreak, a dental sleep medicine network, to provide custom oral appliance therapy.
- **Behavioral modifications** → We support patients with strategies to improve sleep hygiene and reduce contributing risk factors. For CBT-I (cognitive behavioral therapy for insomnia), we work with Moona Health and Dr.Lullaby, digital therapeutics platforms specializing in evidence-based insomnia treatment.
- **Medication** → Prescribed only when clinically appropriate for specific conditions.

If you want the latest information on partnerships, reach out to our team.



Want more information? If you have more questions or need further details, make sure to reach out to our team. By mail at hello@dreemhealth.com or by phone a **650-761-4056**. We're here to help!

Patients notice *the difference.*

A smooth, fast experience that patients appreciate.



Taylor Countryman



I'd been having horrible sleep for awhile and was always exhausted and having to take naps, but thought that's just how some people were. I talked to my PCP and she referred me to a sleep specialist, but the soonest they could get me in was 5 months from then. Then I found Dreem Health. I got an appt so fast and was doing an at home sleep test within a month. I got my diagnosis and a CPAP machine just as fast and they walked me through the whole process and made sure I was comfortable with everything. Now 3 months after my first appt I'm sleeping so much better thanks to the CPAP machine and no longer exhausted during the day. It's completely improved my quality of life and I can't thank them enough! And a special shout out to Andrea and Avrielle!



Onjeil Grantham



100% recommend this service to anyone. I've been stuck for the last year trying to find provider that actually listens to me and takes me seriously and this service has met every one of my expectations and gave me so much relief. The provider was very attentive and listened to me he 100% understood me and my situation i really appreciate him listening to me and helping me.



Angela Bees



Really incredible experience. The whole process has been seamless and clear. I worked with Kelly, who is extremely knowledgeable, helpful, and kind. I'm SO glad I did a sleep study and SO glad I did it with Dreem Health!



Laure van Rijckevorsel



I had an outstanding experience at Dreem Health Sleep Clinic. The staff and doctors were incredibly kind, attentive, and professional. They truly listened to my concerns and made me feel supported throughout the entire process. The follow-up care was excellent. The level of service was top-notch, and I felt like I was in great hands. I highly recommend Dreem Health Sleep Clinic to anyone looking for exceptional care and expertise.



Naomi Deanda



The is my first time doing this Dr by phone. The best visit ever! Dr. Nikkie explained everything in detail to me so I could understand. I will highly recommend her!!



Matthew Gelfman



This was the best visit with a medical professional I have had since I was a kid, 40 years ago. Thank you for showing me people still care.



Becky Cortese



Truly recommend this sleep study to everyone. My NP Brandi was so helpful and really took the time to answer all my questions and concerns. I highly recommend this sleep study team. Friendly, informative, and made my experience feel like I am family and well cared for.



4.7 
200+ reviews



Scan code
to see more reviews.

Provider *Referral Form*



Fax your request to: 628-216-8120

Provider Information

Provider name:

NPI (National Provider Identifier):

Practice name: Email:

Fax number: Phone number:

Patient Information

First name: Last name:

Date of birth: Mobile number:

State: Zip code:

Street address:

Reason for sleep specialist referral (99201-99205):

Suspected sleep apnea (unspecified)

Suspected obstructive sleep apnea

Suspected central sleep apnea

Other:

Special requests:

Primary Insurance Holder

First name: Last name:

Insurance provider: Membership ID:

Please attach: Patient Demographics, Insurance Card & H&P

Appointment *cost estimate*

Taking the first step toward better sleep is something to celebrate, and we're here to support you. This document outlines the estimated cost for your first sleep health appointment. **This is just an estimate, not your final bill.**

Name: **John Smith**

Date: 04 / 02 / 2025

Type of Plan: Open access PPO Plan

Primary Insurance: Anthem Blue Cross — AB123456789-CDE45

Estimate does not include secondary insurance benefits. **Final cost may be lower.**

Current deductible



Current out-of-pocket



Services	Total cost	How insurance applies	What you pay
Sleep Health Appointment <small>Service code: 99204</small>	\$149	Your deductible applies but is not met at this time.	\$149

For coverage questions, wait for the final explanation of benefits from your insurance or reach out to them directly.



Understanding insurance terms

Deductible

The amount you pay before your insurance starts sharing costs with you.

Coinsurance (%) & Copay (\$)

When you start sharing costs with your insurance, usually once your deductible is met.

Out-of-Pocket Maximum

This is your safety net — a yearly limit on costs before your insurance covers 100%.



Possible next steps in your care

These costs show possible next steps that will be discussed with your sleep provider. Your actual services and costs **will depend on your specific needs.**

Home Sleep Test (per night)

Service code: 95800

Total cost: \$199

Your deductible applies but is not met at this time.

What you pay: \$199

Sleep Test Follow-Up Appointment

Service code: 99214

Total cost: \$149

Your deductible applies but is not met at this time.

What you pay: \$149

I acknowledge this estimate from Dreem Sleep Clinic of California is based on the information provided and might not reflect the final amount due. Costs can change based on the service received and insurance adjustments. I understand I'll be responsible for charges not covered by insurance.

Getting added to *your EMR*

Adding Dreem Health

Please share the following information with your EMR coordinator or liaison:

Company name: Dreem Health Sleep Clinic

Phone: (650) 761-4056

Fax: 628-216-8120

Email: hello@dreemhealth.com

Contact details for all states except NY, TX, FL, KS, NJ:

Dreem Sleep Clinic of California, P.C.
611 Gateway Blvd Suite 120
South San Francisco, CA 94080-7066
NPI: 1750049029

Contact details for New York

Tele-Medicine Medical Practice of New York, P.C.
121 W 36th Street, #237
New York, NY 10018
NPI: 1417848805

Contact details for Florida

Dreem Health Sleep Clinic, P.A. (Florida)
Wells Fargo Plaza, 333 S. E. 2nd Avenue, Suite 2000
Miami, FL 33131
NPI: 1497549158

Contact details for Kansas

Dreem Health Sleep Clinic of Kansas, P.A.
7300 West 110th Street, Commerce Plaza I, 7th Floor
Overland Park, KS 66210
NPI: 1215721972

Contact details for Texas

Dreem Sleep Clinic, P.A. (Texas)
Dobie Center, 2021 Guadalupe Street Suite 260
Austin, TX 78705
NPI: 1437971611

Contact details for New Jersey

Dreem Sleep Clinic of New Jersey, P.C.
Princeton Forrestal Village, 116 Village Blvd St. 200
Princeton, NJ 08540
NPI: 1952126641



Want more information? If you have more questions or need further details, make sure to reach out to our team. By mail at hello@dreemhealth.com or by phone a [650-761-4056](tel:650-761-4056). We're here to help!

sun*rise

Clinical Accuracy in a Home Sleep Test



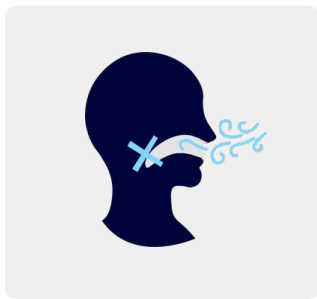
Introducing Sunrise

The Sunrise home sleep test is a revolutionary sleep monitoring solution that uses a small chin sensor to track mandibular jaw movements during sleep. Combined with its smartphone app and cloud-based analysis, it delivers precise clinical-grade sleep insights in the comfort of home, making professional sleep analysis accessible and convenient.

+60,000 hours
of validation against PSG

+95%
patient satisfaction

Multi-night
capability (3x10 hours)

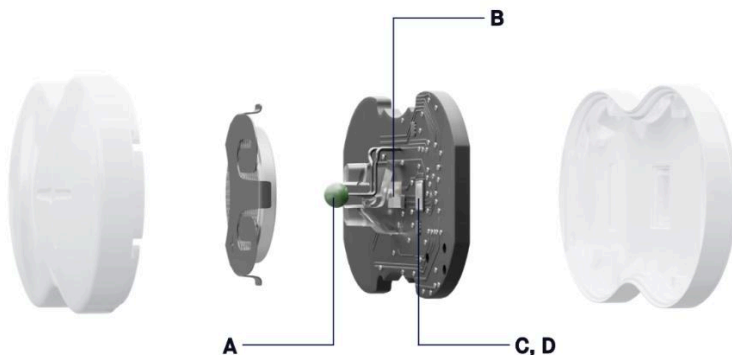


Decoding Mandibular Jaw Movements (MJM)

The sensor's placement on the chin captures precise mandibular jaw movements regulated by the motor trigeminal central nucleus. These movements reflect the activity of depressor and elevator muscles that maintain critical pharyngeal wall tension, essential for upper airway patency during sleep. Through this monitoring, Sunrise provides unique insights into brainstem-mediated respiratory regulation throughout the night.

A new way to measure sleep

A lightweight (8g), comfortable, easy to use FDA approved sleep sensor



- A. Airflow**
measured by the thermistor
- B. SpO₂ and heart rate**
measured by the PPG sensor
- C. Mandibular jaw movements**
measured by the accelerometer and the gyroscope
- D. Head position**
measured by the accelerometer



NICE National Institute for
Health and Care Excellence



	Polysomnography (In lab testing)	Polygraphy (At home testing)	sun*rise
Ease of use	✗	✗	✓
Multi-night testing	✗	✗	✓
Accuracy	✓	✗	✓
Obstructive apneas/hypopneas	✓	✓	✓
RERAs Respiratory Effort Related Arousals	✓	✗	✓
Respiratory effort	✓ ¹	✓ ¹	✓
Respiratory effort burden	✗	✗	✓
Central apneas/hypopneas	✓ ²	✓ ²	✓
Airflow	✓	✓	✓
Oximetry	✓	✓	✓
Sleep stages	✓	✗	✓
True sleep time	✓	✗	✓
Sleep fragmentation	✓	✗	✓
Positional OSA	✓	✓	✓
Mouth opening	✗	✗	✓
Sleep bruxism	✓	✗	✓

1. Common use of RIP belts, disadvantages include artifacts due to patient movement and low sensitivity with obese patients, affecting measurement reliability.
2. Accuracy depends on method used to measure respiratory effort.

Sunrise Solution Comparative Table

Sunrise's advanced algorithms precisely identify jaw movement patterns that reveal sleep stages, arousals, and respiratory events, delivering clinical-grade analysis **comparable to manual polysomnography scoring**.

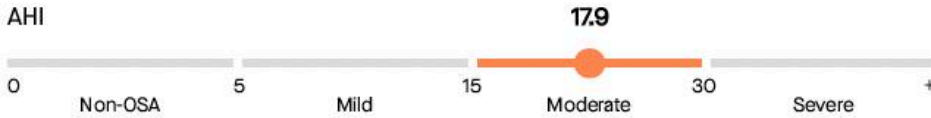
Sunrise's clinical validation

The device has undergone thorough validation compared to the gold standard in-laboratory polysomnography (PSG) for diagnosing sleep apnea, with findings documented in prominent peer-reviewed publications.

The Sunrise device is a **FDA cleared medical device**, approved as a non-invasive home care aid in the evaluation of OSA in patients 18 years and older with suspicions of sleep breathing disorders.



Summary



Patient Information

ID	0001	Sex	Male
Last Name	Doe	Height	5 ft 7 in
First Name	John	Weight	165 lbs
Date of Birth	01/01/1985	BMI	26.0
Age	37 yrs	Neck Circ.	14 in
Email	john.doe@example.com		
Phone Number	+32 123 45 67 89		

Smoking	Former smoker
High Blood Pressure	No

Complaints
I snore - I often wake up during the night - I feel unusually tired during the day

ESS	12 - Mild
ISI	9 - Subthreshold

Recording Information

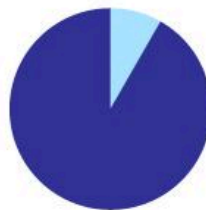
Start of study	12/30/2022	End of study	12/30/2022
	12:27 am		6:54 am
Total Recording Time	6 hrs, 28 min		
Analysis Duration	6 hrs, 20 min		
Reliability	Reliable		

Patient Comments

Alcohol Before Study?	No
Stimulants or Sedatives Before Study?	No
Medical Treatment Impacting Sleep?	No
Additional Comment	-

Sleep/Wake States

TST	5 hrs, 53 min
Sleep Start	12:45 am
Sleep End	6:52 am
Wake	8% ●
SE	92% ●
WASO	14 min
Sleep Latency	18 min
REM Latency	49 min



Sleep Stages (% of TST)

REM	21%
Light NREM	62%
Deep NREM	17%

Respiratory Events

		Supine	Non-Sup.	REM	NREM
AHI	17.9	21.9	13.4	23.5	16.4
RDI	24.2				
OAHI	17.4				
CAHI	0.5				
ORDI	23.7	27.0	19.9	22.7	23.9

Above indices are calculated with hypopnea rule 1A.

RERA Index	6.3
Respiratory Effort	66% of TST
AHI (with hypopnea rule 1B)	3.2

Oxygen Saturation

ODI 3%	3.0
ODI 4%	1.1
Mean	94%
Min	90%
Max	100%
Sleep Time < 90%	0% of TST 0 min
Sleep Time < 88%	0% of TST 0 min

Awakenings and Arousals Events

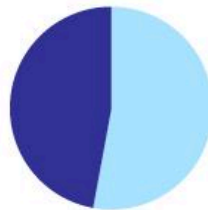
Awakening Index	1.2
Arl	23.2

Pulse Rate (bpm)

Mean	69
Min	55
Max	91

Position

Position Changes Index	2.2
Supine	53% of TST
Non-Supine	47% of TST



Interpretation

Impressions

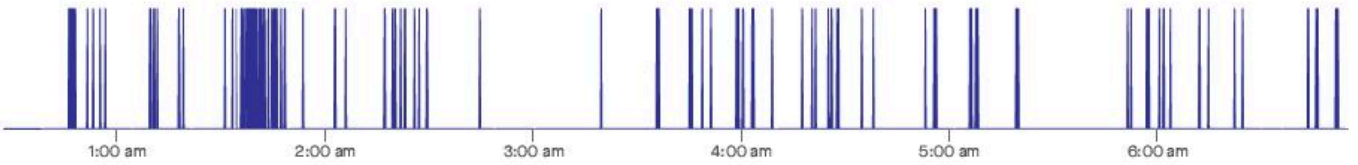
Moderate OSA with an AHI of 17.9, a supine AHI of 21.9 and a REM AHI of 23.5 per sleep hour.
66% of sleep time spent with increased respiratory effort.

Recommendations

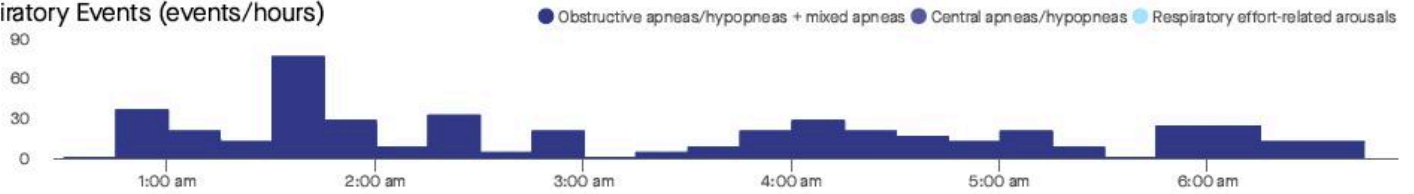
Consider a trial of Continuous Positive Airway Pressure (CPAP). Would recommend an auto titrating device with a range of pressure between 6 and 12 cm H2O, and with heated humidification. Nasal mask to fit. Follow up with referring physician. Download CPAP data in a short term to check for efficacy and compliance. Consider a Mandibular Advancement Device (MAD) if CPAP is unsuccessful. Follow-up home sleep apnea test (HSAT) at the end of the titration phase should be conducted to ensure objectively that the MAD controls both snoring and sleep apnea in all sleep positions and sleep stages.
This patient should avoid alcohol or sedating medications before bed.

Charts

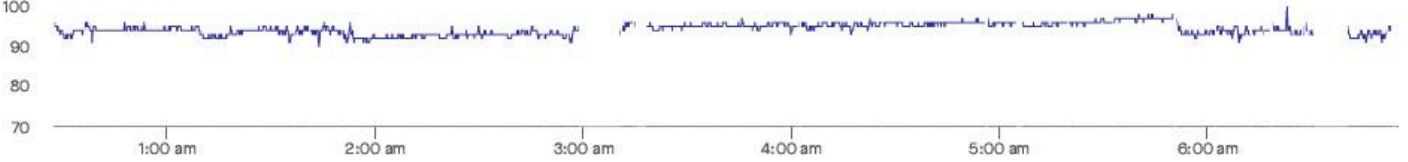
Arousals



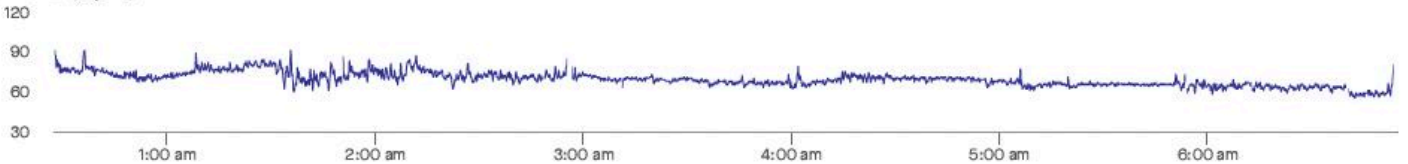
Respiratory Events (events/hours)



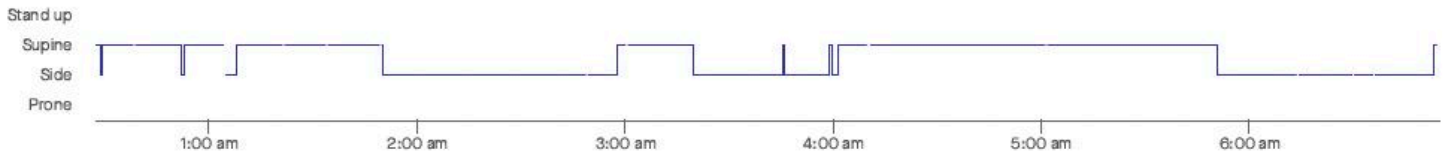
Oxygen Saturation (%)



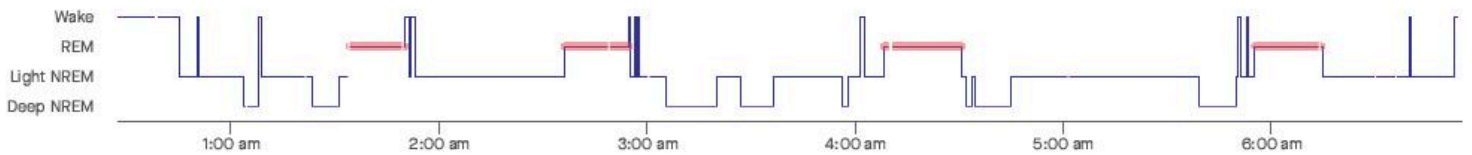
Pulse Rate (bpm)



Position



Sleep Stages





Sleep care that
extends your practice.

Have any patients struggling with sleep?

Fax us a referral at **628-216-8120** or reach out at hello@dreemhealth.com

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