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**Center Pointe Sleep  
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# Press Release

## **IN HOME SLEEP DIAGNOSTICS NOW AVAILABLE IN South Western Pennsylvania and North Eastern West Virginia**

**Pittsburgh, PA 10-27-2011:** Center Pointe Sleep Associates, LLC, (CPSA) a McMurray, PA based Independent Diagnostic Testing Facility (IDTF) with 7 sleep centers across south western PA and north eastern WV, has recently contracted services with Watermark Medical, the developer of the ARES (Apnea Risk Evaluation System) to offer the latest technology available for In-Home Sleep Diagnostics. Recently, as a result of studies, the Centers for Medicare and Medicaid Services (CMS) changed their national coverage determination to include these devices for home sleep testing for sleep disorders including obstructive sleep apnea (OSA).

“This marks a momentous step forward for the recognition of in-home sleep testing as an effective, cost efficient means of diagnosing sleep-related illnesses,” said Charles C. Leshinsky, CEO at CPSA. “Thousands of people across the region are not being tested or treated because of various obstacles with overnight lab testing and I am very excited to be in a position where we can now reach out to more physicians and patients to fight these debilitating disorders.” “We are taking a leadership position in increasing access for diagnosing sleep-related illnesses like Sleep Apnea. It is my hope that if these conditions are diagnosed sooner, patients will receive treatment which could improve their quality of life.” Once a patient has been diagnosed with OSA, CPSA’s goal is to provide them with the “Gold Standard” in determining their best course of treatment via an in-lab titration sleep study.

Sleep Apnea, which affects over 10 million Americans, with an estimated additional 10 million undiagnosed, is characterized by loud snoring interrupted by frequent episodes of totally obstructed breathing (obstructive sleep apnea). Serious episodes last more than ten seconds each and occur more than seven times per hour. Apnea patients may experience 30 to 300 such events per night. These episodes can reduce blood oxygen levels, causing the heart to pump harder and over time incur added risk levels for stroke and cardiac disorders. This new technology now offers patients a cost effective, easy to use, and reliable device for the home diagnosis of obstructive sleep apnea, useful in diagnosing outcomes for the surgical and non-surgical treatment of obstructive sleep apnea. More information can be found online at [www.centerpointesleep.com](http://www.centerpointesleep.com) or by calling **724-941-6595**.

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