

SleepCharge helps you see the way forward

The SleepCharge program

- Higher therapy adherence rates
- 90% daily adherence; 89% remain on therapy after 3 years
- Lower per member per month health care (medical and pharmacy) costs compared to matched cohorts
- 20% to 26% annual savings via cohort analyses

Center of Expertise for sleep care

SleepCharge by Nox Health provides testing, diagnosis and treatment for a full range of sleep disorders. We've helped clients improve employee health and well-being, reduce claims costs and increase engagement and satisfaction.

With a focus on whole-person health, SleepCharge brings care directly to your employees through personalized telemedicine and our innovative app. Our board-certified sleep medicine physicians evaluate and treat sleep disorders while integrating sleep health into the management of cardiovascular disease, diabetes, immunity, weight control, cognitive health and safety.

Not your average sleep solution

SleepCharge is an industry leader providing meaningful outcomes for patients and clients alike. Our treatment success is based on a combination of personalized care and coaching through a coordinated team of sleep specialists and a telehealth model that provides convenient access for patients.

Our care team of respiratory therapists, nurses and counselors supports patients as they acclimate to PAP treatment. Patients with other sleep problems such as insomnia, sleep movement and circadian rhythm disorders are directed to sleep specialists for individualized treatment plans, which can range from behavioral therapies such as eCBTi (digital cognitive behavioral therapy for insomnia) to light therapy and other specialized solutions.

Focus on the patient

No matter where your employees fall in the continuum of poor sleep, SleepCharge can help. We have special expertise in complex conditions involving multiple sleep disorders coupled with comorbid conditions like cardiovascular disease. But we also provide education through our Sleep Life Learning Center™ along with sleep meditation tools and relaxation exercises for those who just need a little help for poor sleep habits.

SleepCharge PAP patients

Average AHI diagnosis

35

Average AHI after treatment

1.33

Apnea Hypopnea Index (AHI) = number of times breathing stops per hour, where 5 is normal

The proof is in our positive outcomes

Our treatment compliance rates, overall well-being scores and long-term treatment adherence consistently exceed benchmarks seen in traditional health care. Our clients experience verifiable outcomes that reduce the overall cost of healthcare over the long-term, improve absenteeism and, ultimately, boost their bottom line.

Find out how we can help your employees wake up to a brighter world™.

The patient is at the center of everything we do:

- The SleepCharge solution provides one point of contact for all of a person's sleep problems. There's no navigating different insurance companies or a separate durable medical equipment (DME) supplier.
- Through our telehealth platform, patients have the convenience of using their mobile phone or computer to complete the diagnostic process and meet virtually with a sleep medicine physician at a comfortable location and time.
- Our emphasis on the behavioral health aspect of sleep treatment, with ongoing support from specially trained medical management and care teams, is key to treatment success.
- Program participants have direct access to our sleep medicine experts — by phone, email or chat.

Clinically validated programs

We integrate the latest sleep research — in many cases involving our own physicians — into our treatment programs.

Digital cognitive behavioral therapy (eCBTi) is clinically proven to treat chronic insomnia. Our program is the “next generation” of eCBTi with its professional human sleep support. Our treatment for disordered breathing is groundbreaking, too. The personal support care model we use for PAP adoption surpasses traditional care models in long-term adherence and success rates as well as patient satisfaction.

Learn more at
sleepcharge.com