

Same-day and same-week availability!

dreemhealth

sleep ✳ clinic

Fully virtual sleep care, from the comfort of home.

dreemhealth sleep clinic | sunrise®

RECOGNIZED BY

TIME

World's Top HealthTech Companies of 2026

We made the list!



CONTACT DREEM HEALTH

PHONE
(650) 761-4056

FAX
(628) 216-8120

REFERRALS
referrals@dreemhealth.com

Scan to book appointment

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sleep clinic

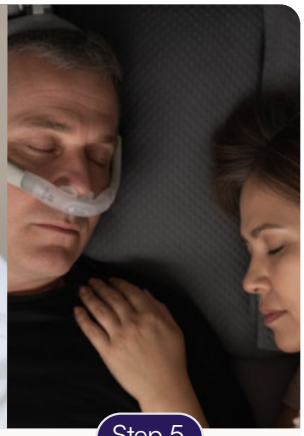
100% Virtual Sleep Clinic

You refer. We handle the rest.

60% patients seen within 48 hours with option of same day appointments.
Diagnosis & treatment in just 2-4 weeks.







Step 1 | Step 2 | Step 3 | Step 4 | Step 5

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 plan and monitor progress.

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.

CPAP orders + other treatments signed by our providers, fully managed including follow-up care and DME resupply. We partner with Daybreak, Moona, and Dr. Lullaby

Covered by *insurance*

Patients will receive clear cost estimates before they receive care. **We handle prior authorization of insurance for all referred patients.**

aetna | United Healthcare | Medicare | Anthem | cigna | Humana

...and more! Available in all 50 states. Affordable self-pay rates available. **Initial appointment:** $149, **2 night sleep study:** $199, **follow up sleep study:** $149

referrals@dreemhealth.com
(650) 761-4056 Option 2
FAX: 628-216-8120
dreemhealth.com

Referring Provider Communications

Dreem Health keeps referring providers informed throughout the patient journey to support visibility and continuity of care.

How We Communicate

Provider communications are sent via fax to the fax number provided for the referring practice. Patients may also receive separate text message communications from Dreem Health regarding enrollment, scheduling, and next steps.

Referral & Onboarding Updates

Referring providers may receive the following updates as their patient moves through the onboarding process:

- **Referral Received** — Confirmation that Dreem Health has received the patient referral.
- **First Consultation Scheduled** — Notification once the patient has completed enrollment and is moving forward with care.
- **Difficulty Reaching Patient** — Notification when we have been unable to successfully engage the patient so the referring practice is aware of the patient's status.

Continuity-of-Care Communications

Dreem Health also shares relevant clinical documentation with eligible providers involved in the patient's care.

- **Initial Appointment** — Following the patient's completed initial consultation, the applicable clinical note is shared with the provider.
- **Sleep Study Follow-Up** — Following the patient's sleep study follow-up, relevant clinical documentation, including the clinical note and/or After Visit Summary (AVS), is shared with the provider.

Supporting Continuity of Care

Our goal is to keep providers informed from referral through evaluation and follow-up while minimizing the administrative burden on the referring practice.

Provider communications require a valid fax number on file. Clinical documentation may also be shared with other eligible providers involved in the patient's care when appropriate.

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FAQs

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 100% virtual sleep clinic. Your patients can see our team of **30+ sleep specialists online, with same-week 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 nationwide, including Aetna, Cigna, United Healthcare, Medicare, and Humana. We also work with additional plans in specific states. Our team handles verification of benefits. 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 if 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 diagnose and offer treatment plans for all sleep disorders. 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.

What are the health risks of undiagnosed sleep apnea?

Poor sleep and chronic exhaustion due to a sleep disorder can increase the risk of major diseases. People with undiagnosed sleep disorders, or those who delay treatment, can see a **higher likelihood of co-morbidities** such as increased risk of **diabetes, cardiovascular events, impaired cognitive performance, and even depression**. Sleep is foundational to human health - without it, other key systems are impacted.

? **Want more information?** If you have more questions or need further details, make sure to reach out to our team. By mail at referrals@dreemhealth.com or by phone a 650-761-4056, Option 2. We're here to help!

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Provider *Referral Form*

Fax your request to: **628-216-8120** | referrals@dreemhealth.com

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:**

Email:

Full Address (Street, City, State, Zip):

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**

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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, Option 2

Fax: 628-216-8120

Email: referrals@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 referrals@dreemhealth.com or by phone a 650-761-4056, Option 2. We're here to help!

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The risk of undiagnosed sleep apnea for cardiology and endocrinology patients

80% of obstructive sleep apnea patients are undiagnosed

OSA sits upstream of the conditions your clinic manages every day: **atrial fibrillation**, **hypertension**, **heart failure**, **type 2 diabetes**, and **obesity**.

Dreem Health's virtual care platform makes it fast and easy for a patient to **test, diagnose, and treat their sleep in a matter of weeks.**



Cardiology

Patients with OSA are at **2x the risk of cardiovascular events, stroke, and all-cause mortality**; CV risk rises ~17% per 10-point AHI increase

Up to 85%

of atrial fibrillation patients screened had OSA

Up to 64%

of resistant hypertension patients have OSA; the most common secondary contributor identified



Endocrinology

OSA is an **independent risk factor for T2D**, beyond BMI, via **intermittent hypoxia and insulin resistance**

Up to 86%

OSA prevalence in type 2 diabetes, about 2x more than the avg general population

Elevated

OSA prevalence is markedly raised in PMOS and obesity patients

100% virtual sleep clinic with **same-day and same-week appointments**

End-to-end care: **We handle prior authorizations and sign all orders**

Call: (650) 761-4056, option 2
Fax: (628) 216-8120
Email: referrals@dreemhealth.com

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Status: In-Network Services

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

$400 / $2000

Current out-of-pocket

$400 / $10.000

Services	Total cost	How insurance applies	What you pay
Sleep Health Appointment Service code: 99204	$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.*

Patient ID: 2426

Facility: Dreem Sleep Clinic of California (NPI 1750049029)



Scan to book an appointment this week

How home sleep testing works:

1. Discuss your symptoms and concerns with one of our licensed sleep specialists.
2. We'll send you our Sunrise Sleep Test if needed.
3. Complete the sleep study from the comfort of home, in 1-2 nights.
4. Review results with your care team and start your custom treatment plan



Simple and accessible sleep healthcare.

Don’t hesitate to reach out!

- (650) 761-4056
- hello@dreemhealth.com
- dreemhealth.com

Sunrise Sleep Test

We use the Sunrise sleep test, which is a small sensor you place on your chin.

- ✓ Simple & comfortable
- ✓ Clinical grade diagnosis
- ✓ FDA-cleared

Learn more at:
us.hellosunrise.com



Better sleep starts here.

Let a virtual sleep clinic guide the way.

Major insurance accepted nationwide:

aetna · Cigna · blue california · United Healthcare · Medicare

Test and treat your sleep 7x faster than a traditional sleep lab.



How we help

A fast and affordable solution for better sleep

- A dedicated team of sleep specialists
- Simple at home sleep testing options
- Custom treatments and ongoing support
- CPAP fitting and compliance appointments

All from the comfort of home.

Do you recognize any of these symptoms?

- Always tired during the day
- Waking up feeling exhausted
- Pauses in breathing during sleep
- Frequent, loud snoring
- Waking up with headaches
- Mood swings or irritability
- Trouble falling or staying asleep

Sleep disorders often fly under the radar, with 80% of cases undiagnosed.

Don't let yours go unnoticed.

Untreated sleep disorders can impact the whole body:

Boosted brain
Sleep boosts memory and cognitive performance.

Stronger heart
Good sleep lowers the risk of heart disease.

Balanced weight
Sleep balances the hormones that affect your appetite.

Good mood
Proper rest reduces risk of depression.

"I used to come home from work and just crash on the couch. Since getting my sleep sorted out, I have energy to play catch, help with homework, and really be present. It's made a world of difference for our family."



Robert
Dreem Health patient

Better sleep starts with the right answers. Get started at dreemhealth.com

Our Virtual Clinic Process

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PROVIDER JOURNEY

1. Referring provider sends a referral.
2. Dreem Health team enacts same day outreach — the team texts and calls patient to book an appointment.
3. Initial appointment occurs.
4. Referring provider receives sleep consultation notes back.
5. Patient does sleep study and follow up appointment, referring provider receives notes back.
6. If patient never schedules or cancels, Referring Care provider is notified.

The burden for the referring provider is lifted when they partner with us!



PATIENT JOURNEY

1. Patient is referred to Dreem Health via their referring provider.
2. Dreem Health contacts patient same day via text and phone to book initial appointment.
3. Patient goes through a series of appointments and next steps:
   - Initial appointment
   - Home sleep test
   - Sleep study follow up appointment
   - Diagnosis & treatment journey.
5. Typical timeline from referral to treatment: 2-4 weeks.

Our team handles all prior authorizations and signs all orders.

DREEMHEALTH.COM
PHONE: (650) 761-4056 OPTION 2 | FAX: (628) 216-8210 | REFERRALS@DREEMHEALTH.COM

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Clinical Accuracy in a Home Sleep Test

Fully virtual home sleep studies



Introducing the Sunrise Sleep Test

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

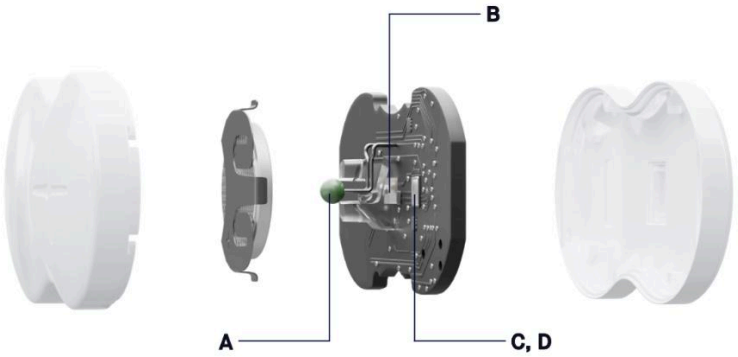
Multi-night
capability (3x10 hours)

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.

A new way to measure sleep

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



FDA NICE National Institute for Health and Care Excellence CE

A. Airflow
measured by the thermistor

B. SpO_2 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

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.

	Polysomnography (In lab testing)	Polygraphy (At home testing)	sunrise
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

Learn more at **us.hellosunrise.com**
Book an appointment at **DreemHealth.com**

Reach our 100% virtual sleep clinic

(650) 761-4056, Option 2

(628) 216-8120

referrals@dreemhealth.com

Scan to book an appointment



sunrise

Summary

AHI 17.9

0 Non-OSA | 5 Mild | 15 Moderate | 30 Severe +

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		End of study
12/30/2022 12:27 am	>	12/30/2022 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

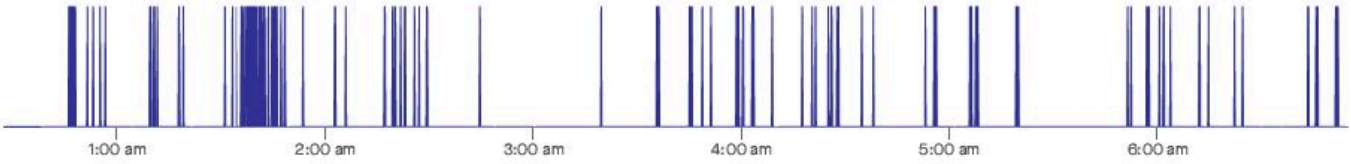


Sleep Stages (% of TST)

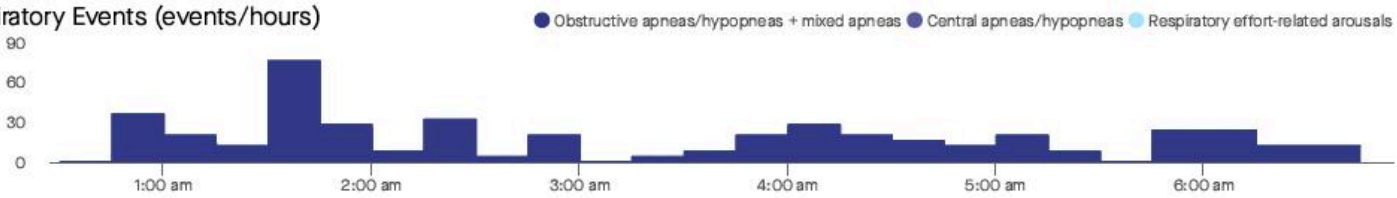
REM	21%
Light NREM	62%
Deep NREM	17%

Charts

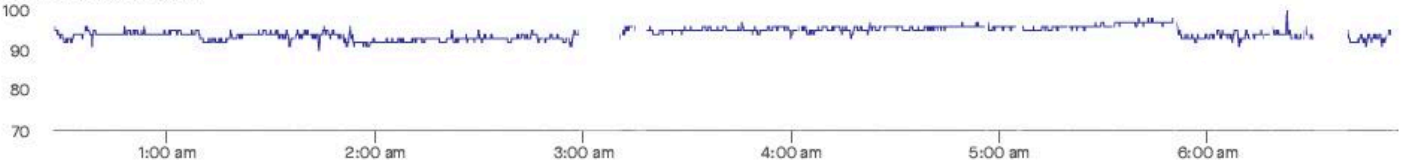
Arousals



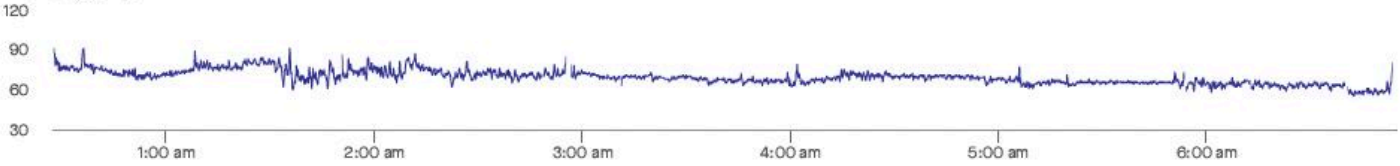
Respiratory Events (events/hours)



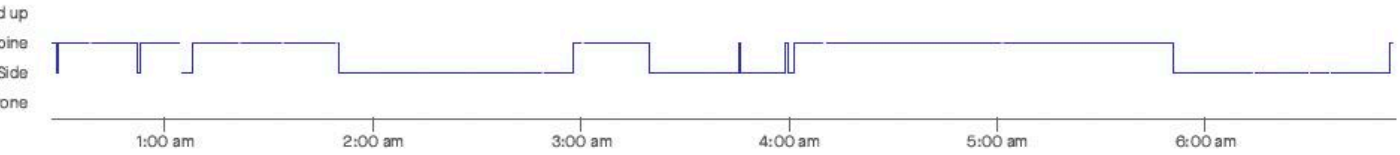
Oxygen Saturation (%)



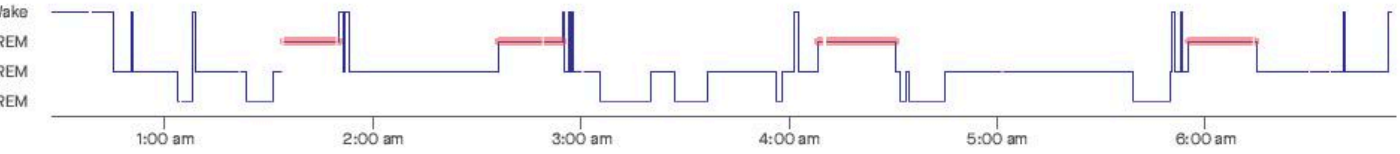
Pulse Rate (bpm)



Position



Sleep Stages



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

Awakenings and Arousals Events

Awakening Index	1.2
Arl	23.2

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

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.



Sleep care that *extends your practice.*

Have any patients struggling with sleep?

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