



Nutriden Inc. Announces that Sleep Studies Can Now be Conducted at Home

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Nutriden Inc. the Calgary, Canada based nutrition supplements brand has just made an announcement on how sleep studies can now be conducted at the comfort of one's home.

People with sleep problems such as snoring or sleep apnea are often advised to undergo a sleep study to identify the exact causes of their sleep disorders. These overnight studies can last for days on end, depending on the severity of the condition. But now people have the option of undergoing a sleep study at their own home

According to Tom Schumlich, representative of Nutriden Inc. "The ability to allow a patient to undergo a sleep study at home is a boon for medical research as one of the main reasons people give for not getting a sleep study is that they are uncomfortable sleeping in a lab setting."

The biggest advantage to having a sleep study done at home is that one is in familiar surroundings, with their own bed and pillow. This creates a level of comfort that cannot be artificially simulated in a lab environment. It also solves the problem of time constraints being a cause for not undertaking a sleep study. Typically a

person needs to reach the lab a couple of hours early and undergo all the administrative and technical formalities before participating in a sleep study. This problem can be sidestepped in a sleep study conducted at one's home.

Care should be taken to note that at home sleep studies can only be used to diagnose sleep apnea, a disease where a person stops breathing for more than 30 seconds at a given point of time. A sleep lab can diagnose a larger range of issues including circadian rhythm disorders, periodic limb movement disorders, and insomnia, to name a few. Lab studies are also recommended when the patient has other major medical problems like neuromuscular disease or congestive heart issues.

At home sleep studies are more affordable than their lab counterparts and are often covered by most health insurances. For more information on insomnia and its available treatments such as sleep aid pills, visit Nutriden Inc's official website or check out its Amazon storefront.

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Nutriden Inc

Nutriden Inc. is a privately held company committed to providing its customers a brand Nutritional Supplements that is first and foremost safe and of the highest quality, potency, and efficacy.

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