

ARE YOU LIVING WITH SLEEP APNEA?



Snoring, tiredness, and headaches are common symptoms of sleep apnea. Check your risk with our **free 30-second sleep quiz!**



GEM SLEEP is an all-virtual sleep clinic. We help those at risk for sleep apnea get tested and treated quickly. Here's how it works:



SLEEP EVALUATION

Take an at-home sleep test from your own bed in one night. GEM clinicians review and provide a diagnosis.



SLEEP APNEA TREATMENT

Select from your customized treatment recommendations. Multiple treatment options available including CPAPs ready to ship.



FOLLOW UP SUPPORT

GEM's team of experts helps you track your progress and provides guidance as you get going.

To get started:

1. Take a quick assessment at mygemsleep.com/sponsor/dot-foods
2. Add the home sleep test to your cart & schedule a brief telehealth visit.
3. Enter your insurance information to confirm eligibility.
 - Dot Foods/DTI employees have access to Sleep Apnea benefits allowing them to obtain a home sleep test covered at 100%.
 - Normal co-insurances for telehealth appointment(s)
 - Normal co-insurances for treatment options such as CPAP and oral appliance therapy



GEM SLEEP