



"Sleep Well, Be Healthy"

SleepHealth™ a division of Vystar® Corporation

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Vystar® Corporation

Newsletter

December 2012



Dear Joanne,

As we quickly approach the end of the year, we want to take a few minutes to thank members of the Vystar and SleepHealth teams and our clients for a wonderful year and introduce a new service.

SleepHealth now offers DME services in Georgia and South Carolina. We anticipate being able to offer similar services in the North Carolina early in 2013. What this means is that SleepHealth, with the assistance of Georgia-based Specialized Sleep Diagnostics LLC and South Carolina based SleepRx, Inc., can dispense CPAP equipment and provide needed follow-up services for patients who have been diagnosed with Sleep Apnea. The mask can be properly fitted and tested during the sleep study, and patients can leave the next morning with the equipment and supplies. Our technicians will also work with patients to help ensure successful transition and proper compliance. This new service will further enhance our quality customer experience and help position SleepHealth as a leader in the sleep industry. Obviously this only happens with the concurrence of each office. To learn more [see our recent press release](#).

We wish everyone a healthy and happy holiday season and look forward to an exciting and prosperous 2013.

Sincerely,
William R. Doyle
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Marketing Tips for Your Sleep Center

Vytex.com

aasmnet.org

sleepfoundation.org

[CDC info on sleep disorders](#)

Sleep in the News!

[Obstructive sleep apnea common in young cystic fibrosis children](#)

[Obese truck drivers cause more road accidents, experts look at sleep apnea](#)

[Half of women may have sleep apnea](#)

[REM Behavior Disorder: When Sleep Can Be Dangerous](#)

[Study Links Vitamin D Deficiency to Global Epidemic of Sleep Disorders](#)

[6 ways to sleep better during the holidays](#)

Insurance Year End Fast Approaching!

As we come to year end, many patients have hit their deductible level and have FSA funds they

Given the Prevalence of Sleep Disorders - Screening All Patients is Key

A simple screening tool should be given to patients as part of the materials they fill out before seeing the doctor. A patient questionnaire is available from your technician and should be used when a patient checks in to determine if there may be issues concerning sleep.



An estimated 50-70 million Americans suffer from a sleep disorder and as many as 80% are undiagnosed. Untreated sleep apnea can lead to numerous health issues, so diagnosis and early treatment is important to avoiding complications. Adding a screener to your website is another opportunity to establish your practice as being focused on patients' needs while diagnosing and treating sleep disorders.

SleepHealth Certification News

SleepHealth Reaching Certification Milestones with Both ACHC and ASSM Accredited Facilities - SleepHealth is dedicated to providing the best and most professional sleep diagnostic services possible. Within the past two years, six of our centers have received either ACHC or AASM accreditation. By early next year we expect all of our existing facilities to be fully accredited. This is important both as an assurance to patients that they are in capable hands, but it is also becoming increasingly important to third-party payers. SleepHealth will soon begin offering Home Sleep Testing (HST), CPAP equipment and an associated CPAP compliance program. SleepHealth will continue to be leading the way in providing professional sleep diagnostic services and support. For more information please contact Ailene Miller directly ([click here to send an email](#)).

Tech Tip of the Month

Neck Size as a Tool for Screening for Sleep Apnea

by Casandra Jackson, RPSGT

Diagnosis and treatment of sleep apnea is extremely important. Untreated sleep apnea increases the risk of congestive heart failure, high blood pressure, memory impairment, anxiety, depression, heart disease, cardiac dysrhythmia, acid reflux, diabetes and even death.

The untreated effects are not just the exacerbation of medical conditions, they also decrease a patient's quality of life. If a patient is constantly tired, they may experience cognitive difficulties, which can negatively affect them at work. Not being able to think clearly, can result in more mistakes or could even cause an accident. Also a patient who is always

need to use before December 31. Now is the time to schedule a sleep study for patients who have held off.

Also, while the holidays are not a typical time to schedule a sleep study, it is a time when students are home from school and a good time to address their sleep issues before they go back.

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2013 Coding Changes Impacting Neurology

Two new codes have been created to report polysomnography for children younger than 6 years of age.

[Click here to learn more](#)

tired may not enjoy activities they once did, which can have an adverse effect on relationships.

Once a patient's sleep disorder has been diagnosed, treatment of their sleep apnea can begin immediately. There are many different treatment options available, though Continuous Positive Airway Pressure, or CPAP, is the most recommended. CPAP therapy consists of a mask a patient would wear that assists in keeping their airway open, therefore decreasing or even possibly eliminating the patient's sleep apnea.

After a patient's apnea is treated, they will be able to enjoy longer periods of restorative sleep. Your patient should begin to see the effects of a good night's sleep almost immediately.

The circumference of your neck size is a useful tool in determining any possible risk that you may have for sleep apnea. One example of this can be related to a person gaining weight. As you gain weight, the tissue begins to crowd along the airway. This causes the airway to become narrowed. If the airway begins to collapse partially, it can cause hypopneas or snoring. If the airway collapse completely, apneas can occur. Thus, the result can cause sleep apnea.

Hypopnea is defined as a recognizable reduction of breathing for ten seconds or longer during sleep. Snoring is present when the flow of air through the mouth and nose are obstructed. This obstruction can occur by the collapsing of the airway as mentioned above. Apnea is when breathing stops for more than ten seconds during sleep.

There are multiple factors related to obstructive sleep apnea. Obesity is the major risk factor but you do not have to be obese to have OSA. Non-obese people with a larger neck size and other factors could still be at risk for sleep apnea.

Forward Looking Statements Certain statements in this document are "forward-looking statements" within the meaning of the Private Securities Litigation Reform Act. These statements are based on management's current expectations and are subject to uncertainty and changes in circumstances. Actual results may differ materially from those included in these statements due to a variety of factors. More information about these factors is contained in Vystar's filings with the Securities and Exchange Commission.

To learn more about SleepHealth or Vystar Corporation, check our websites by looking at the "quick links" section or go to the "contact us" box to send an email message.

Sincerely,

Joanne Kearney VP Marketing Vystar Corporation

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