

## **ResApp Announces SleepCheck, an At-Home Sleep Apnoea Screening App**

**Brisbane, Australia, 1st April 2020** – ResApp Health Limited (ASX:RAP), a leading digital health company developing smartphone applications for the diagnosis and management of respiratory disease, is pleased to announce SleepCheck, an at-home obstructive sleep apnoea (OSA) screening app. To be used directly by consumers, SleepCheck is an easy to use smartphone app that uses clinically accurate algorithms to assess a person's risk of OSA by analysing their breathing and snoring sounds during sleep. SleepCheck requires no accessories or hardware other than the user's smartphone.

Sleep apnoea is the most common sleep breathing disorder affecting more than three in every ten men and nearly two in every ten women. Sleep apnoea is when air stops flowing to your lungs for ten seconds or longer during sleep creating an 'apnoea' event. In severe cases, this can happen more than 30 times per hour. Studies have shown that 80% of people with sleep apnoea are undiagnosed. Untreated, sleep apnoea has been linked to serious complications such as heart disease, hypertension, stroke and type 2 diabetes, and has a major impact on population health. Deloitte Access Economics estimates that OSA costs the Australian economy \$21.2 billion annually.

SleepCheck is a smartphone app that only requires a smartphone placed on the bedside table to assess a person's risk of OSA. In a 238 patient clinical study, ResApp's algorithms correctly identified patients with OSA with sensitivities of 85% (mild OSA), 83% (moderate OSA) and 83% (severe OSA), and specificities of 73%, 80% and 90% when compared to an American Academy of Sleep Medicine (AASM) Type II sleep study (full, but unattended polysomnography) performed simultaneously in the patient's home.

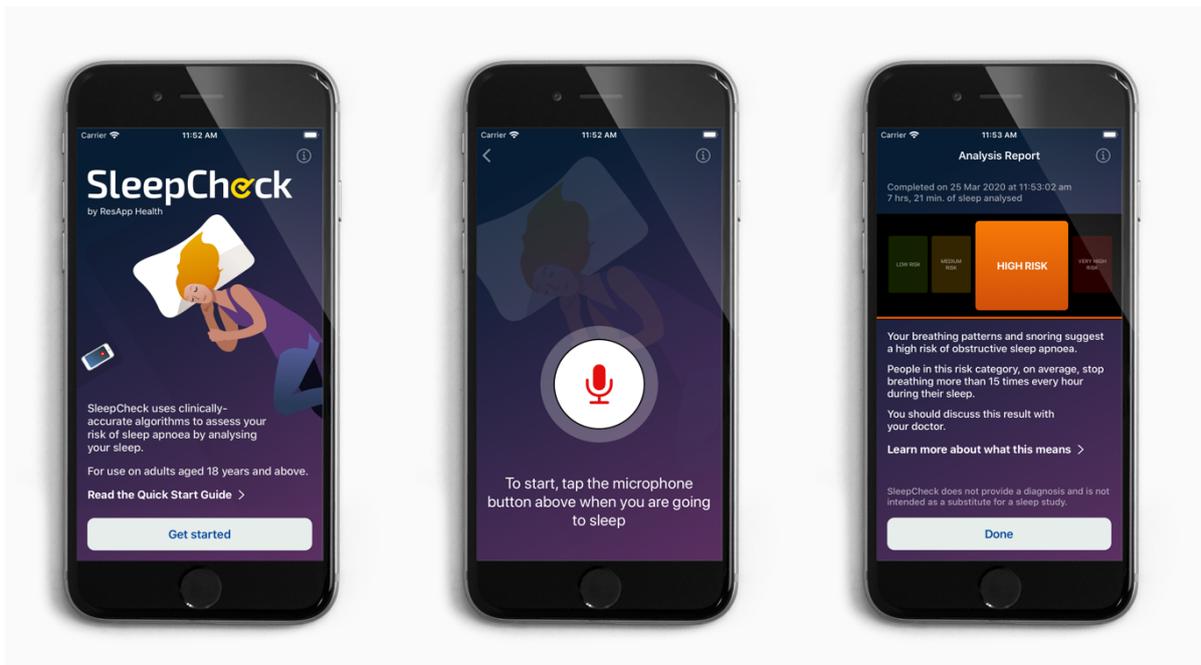
"We are excited to announce that SleepCheck will soon be available to download on the App Store," said Tony Keating, CEO and Managing Director of ResApp. "Undiagnosed sleep apnoea causes poor sleep and daytime tiredness, and can have a major impact on a person's health. By simply placing their smartphone on their bedside table when they go to sleep, SleepCheck allows users to self-assess their risk of OSA, the first step in their path to treatment. There are no wires, no attachments, and the user can sleep comfortably in their own bed. It is backed by a large clinical study which demonstrated that the SleepCheck algorithms were able to accurately identify OSA when compared to a full at-home comprehensive sleep study."

Dr Philip Currie, cardiologist at Cardio Respiratory Sleep Pty Ltd, and a principal investigator of the validation study of SleepCheck said, "SleepCheck fills a unique and very important place in evaluation of OSA between questionnaire-based screening and use of increasingly complex types of sleep studies requiring multiple wires and sensors. Any person with a smartphone can be simply screened for OSA using SleepCheck. This screening is especially important for patients

with pre-existing conditions such as heart disease, hypertension, atrial fibrillation, stroke, obesity, or type 2 diabetes where OSA is more likely, more severe and therefore more important to identify and treat.”

SleepCheck is CE marked as a Class I medical device, which means it conforms to all European regulatory standards. SleepCheck will soon be listed on the Australian Register of Therapeutic Goods (ARTG). SleepCheck does not provide a diagnosis and is not intended as a substitute for a full sleep study using polysomnography.

ResApp plans to launch SleepCheck for iOS on the App Store in the United Kingdom and Australia in the second quarter of this calendar year, with availability in additional countries and an Android version to follow. Pricing is still to be determined.



*SleepCheck uses clinically accurate algorithms to assess a person's risk of obstructive sleep apnoea by analysing their breathing and snoring sounds during sleep.*

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### About Sleep Apnoea

Sleep apnoea is a common sleep disorder where the person repeatedly stops breathing or has periods of shallow breathing during sleep. Data from the Wisconsin Sleep Cohort Study showed that sleep apnoea affects more than three in ten men and nearly two in ten women. 80 percent of people suffering moderate and severe sleep apnoea are undiagnosed. Untreated, obstructive sleep apnoea is known to increase the risk of heart disease, hypertension, stroke and type 2



diabetes, and is estimated by the American Academy of Sleep Medicine to cost the US economy \$149.6 billion annually.

### **About ResApp Health Limited**

ResApp Health Limited (ASX: RAP) is a leading digital health company developing smartphone applications for the diagnosis and management of the respiratory disease. ResApp's machine learning algorithms use sound to diagnose and measure the severity of respiratory conditions without the need for additional hardware. Clinical studies have demonstrated accurate diagnosis of lower respiratory tract disease, upper respiratory tract infections, pneumonia, bronchiolitis, croup, asthma/reactive airway disease exacerbation, chronic obstructive pulmonary disease, chronic obstructive pulmonary disease exacerbation and obstructive sleep apnoea. ResApp's smartphone-based acute respiratory disease diagnostic test, ResAppDx-EU, is CE Marked in the European Union and TGA approved in Australia. Potential customers of ResApp's products include healthcare providers in telehealth, emergency department, urgent care and primary care settings as well as humanitarian organisations in the developing world. For more information, please visit [www.resapphealth.com.au](http://www.resapphealth.com.au).

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*This ASX announcement was approved and authorised for release by the board of directors of ResApp Health.*