

Important Information for Home Sleep Tests

A Home Sleep Test is a modified version of the comprehensive In-Lab Diagnostic Sleep Study and done with a portable monitor in your own home.

Our licensed sleep technologist will guide you through the set-up and how the Home Sleep Test (HST) is used. One of our technologists are available 24 hours a day, if you should need assistance at home. If you are concerned that you will not be able to fall asleep, request a sleep aid (Ambien or Sonata) from your primary care physician.

The day of your test:

- Go about your daily routine
- Take your regular medications
- Avoid taking naps
- Do not consume caffeine after 12:00 noon
- Remove dark colored nail polish from the finger that you wear the pulse oximeter

The night of your test:

- We request that you **sleep on your back**. This will help to assess the severity of your sleep disordered breathing. Try for at least 10 minutes and if you still can not fall asleep, find a comfortable position.
- If a sleep aide was taken, **DO NOT DRIVE!**

Exceptions to sleeping on your back:

- Your physician has instructed you not to sleep on your back
- Pain or a medical condition that prevents you from sleeping on your back

The device must be used for a minimum of 6 hours for the test to be complete. **Do NOT turn it off** if you wake up during the night to use the restroom. Turning off the device before the test is finished will result in incomplete test results.

In the event that you did not sleep well, the results will be reviewed by our Medical Director and determined whether the data will be sufficient. The device should only be used for one night.

Your **test results will be available 5-10 business days**. All test results are interpreted and reviewed by our Medical Director. You will be contacted with the results and a copy will be sent to your physician. If the results are inconclusive or the test indicate further evaluation should be done, you may be asked to stay overnight for the comprehensive In-lab Diagnostic Sleep Study. You can request a copy of your results by notifying the front desk staff.

Completion of the Home Sleep Test

The HST device should be returned to the NW Sleep Health office the next day during our regular office hours, 8:00 AM to 5:00 PM. We charge a late fee of \$40 per day. If the device is damaged or not returned, you will be billed the total cost of the device.