

## What To Expect With Your Home Sleep Testing

A sleep specialist may order a home sleep test instead of an in-lab comprehensive sleep study under certain conditions. A home sleep test is a device that you hook up yourself before bed and it records your breathing, breathing effort, oxygen saturation, pulse and snoring during your time in bed. This home sleep test only determines whether or not you have sleep apnea. It cannot diagnose any other sleep disorders.

### **PREPARATION**

You will be scheduled to come to the sleep center to pick up the device. A sleep technologist will provide you with thorough instructions on how to put the sensors on and will answer any questions you have at that time. They will program the device to auto-start at a specific time depending on your bedtime routine.

### **SLEEP TESTING**

Once you are ready for bed, you should apply the sensors and start the device. If you have any questions or problems in the night, you can call the sleep center.

### **RETURNING THE DEVICE**

You will be asked to return the device the next day (or a date and time agreed upon between you & the sleep technologist). It's important that you return the device on time.

### **RESULTS**

Your sleep studies are reviewed by a daytime technologist and interpreted by a Board Certified Sleep Specialist. They create a report with your results which is sent to your referring physician. You will have a follow up appointment to review the results with your sleep clinician and discuss treatment and next steps. If you are unsure of when your follow up appointment is, please call the office to find out or schedule one.