



Important Information for Home Sleep Tests

A Home Sleep Test is a modified version of the comprehensive In-Lab Diagnostic Sleep Study, done with a portable monitor in your own home. Our licensed sleep technologist will guide you through the set-up and how to complete the test.

We have a technologist 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. Remember to avoid driving if you take a sleep aid.

On the day of your test:

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

On 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 cannot fall asleep, find a comfortable position. (Exceptions include: your physician has instructed you not to sleep on your back, or you have pain/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 who will determine whether the data will be sufficient. The device should only be used for one night.

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Completing the test:

The HST device should be returned to the NW Sleep Health office the next day between 8:00 AM and 12:00 PM. We charge a late fee of \$40 per day. If the device is damaged or not returned, you will be billed for the total cost of the device.

Results:

Your test results will be available in 10-14 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 provider.