



## Home Sleep Testing ( HST)

Sleep apnea testing with approved devices may be done in the convenience of your home if you qualify. This is a decision your doctor will make based on certain criteria and relative to the type of sleep disorder he suspects you may have.

To qualify you must:

- A. Be over 18 years old
- B. There must be no suspicion of complex sleep disorders (examples include, but are not limited to narcolepsy, insomnia, parasomnia with disruptive sleep behavior suspicious of REM (RBD) behavior disorder, history of central sleep apnea, or periodic limb movement disorder.
- C. There must be no co-morbid conditions that could impact the accuracy of the study (examples include but are not limited to chronic pulmonary disease, neuromuscular disease/neurodegenerative disorder, or significant cardiac disease

There may be other extenuating circumstances or reasons why your doctor may want you to be studied in the sleep center as opposed to being tested at home. Your doctor will determine if home testing is right for you.

If the physician orders a home sleep test for you, you will be instructed how to use the device by a technologist. You will then take the device home from the office, wear it during that night and return it the next day.

Because these devices run on batteries and data may be lost if the batteries run down, you will be asked to return the device the next day before noon. Once the data from the device is uploaded, the physician will review the results of the study and will discuss the results with you at your follow up appointment.