

HST Home Sleep Testing

Home Sleep Testing is used to detect sleep-disordered breathing problems like obstructive sleep apnea. Sleep apnea occurs when there are lapses in breathing while sleeping.

Why am I having this test? Most sleep disorders go undiagnosed; however, sleep issues increase the risk of depression, asthma, accidents, infertility, epilepsy, and diabetes. Therefore, it's important to check for and treat sleep disorders.

What can I expect? This test is conducted by attaching an elastic belt (effort belt) around your chest with a small device attached. You will also have nose cannula (tubing) for your nasal openings and a pulse ox on your finger. You will sleep with the device connected for one night, at home, under normal conditions.

Who performs the test? This is an at home test that you will set up and turn on yourself. You will be instructed on how to use the equipment. The equipment will either be picked up from our office or mailed to your home. If picking up from our office, the patient must pick up the equipment to meet with a technician to review how to use the device and sign a loan agreement.

How long will it take? You will sleep with the equipment for one night. The goal is to evaluate your normal, nighttime sleep with a minimum of 6 hours needed for a successful assessment.

How do I prepare for test? You may take medications as prescribed and eat/drink like normal. You do not need anyone to be with you during the overnight test.

How do I get results? The data will be uploaded when you return the device, and your doctor will review the results within 5 business days. Your doctor will use this report along with their knowledge of your symptoms and history in order to determine the next step in your care plan.

What does it cost? Insurance coverage of testing varies, however, the maximum out of pocket is \$270. Our business office will contact you prior to your appointment to give you a cost estimate so you can be prepared to pay for the testing. Please note, the equipment must be returned according to your loan agreement.

If you have any questions concerning your test, please contact us via the patient portal (a link is available at the top of our webpage) or call us at 817-267-6290.