



# Home Sleep Test

## PATIENT INFORMATION GUIDE



- Patient Paperwork
- Home Sleep Test Device Instruction
- Post Test Questionnaire
- Return Instructions

# Step by Step Guide

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1

## Patient Paperwork

Review the **Patient Information for Home Sleep Testing** section. It will give you more information about the test and testing process.

2

## Testing Instructions

Follow the **Patient Instructions** as outlined to activate the Home Sleep Testing Device. For additional device directions, including video instruction, visit the home sleep testing page of the website:

**[SleepWorksInc.com/sleep-study-support](https://www.sleepworksinc.com/sleep-study-support)**

For device or testing questions, please call the 24 hour support line, 877-249-8331

3

## Post Test Questionnaire

Complete the **Post Test Questionnaire** upon completion of testing. Be sure to return this document with your device. Please fill out the **Satisfaction Survey** section and include as much information as possible.

4

## Return Instructions

Following the instructions on **Returning the Device**, use the packaging provided to return the device and completed paperwork.

For additional questions about returning the device, please call Customer Service, **877-877-1267**.

1

# Patient Information for Home Sleep Testing

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**Dear Patient,**

Your physician has prescribed a Home Sleep Test for evaluation of Obstructive Sleep Apnea. This was determined based on medical information given during your recent office visit. Please complete the enclosed paperwork and return with your device.

**If you have any questions, please call Customer Service, 877-877-1267.**

## **What is Obstructive Sleep Apnea?**

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Obstructive Sleep Apnea (OSA) is not just snoring. OSA is a condition where breathing is disrupted during sleep. When left untreated, OSA can lead to excessive daytime sleepiness and fatigue. It can also lead to serious health problems such as high blood pressure, heart disease, diabetes, and stroke. You may have sleep apnea and be unaware of this condition. If you test positive, treatment options will be discussed with you by your physician.

## **What is a Home Sleep Test?**

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A Home Sleep Test is a simple diagnostic procedure performed in the comfort of your home. While you sleep, the HST device monitors your breathing and records pauses in your breathing referred to as apneas. The device also monitors your oxygen level, heart rate and air flow. The information gathered is scored and then interpreted by a board certified sleep physician. These results are then returned to your ordering physician.

2

# Patient Instructions

Please follow the step by step instructions below to apply and activate the home sleep testing device.

*Additional video instruction can be found on the website: [SleepWorksInc.com/sleep-study-support](https://www.sleepworksinc.com/sleep-study-support)*

**STOP: Before you can begin the test you must insert the batteries into the device.  
(Batteries are found in the inner pocket of the gray device case.)**

## Getting Started-Fitting and Applying the Device

1



Secure the belt around your chest. Check that the belt is comfortable and that the device is over the center of your chest above the nipple line. The device will automatically power on.

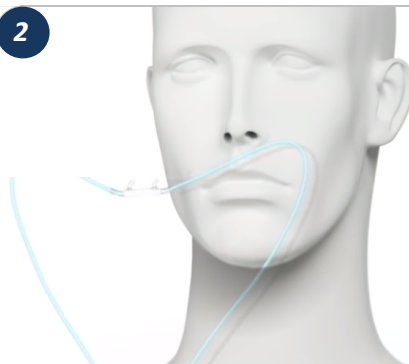


If the chest belt icon flashes yellow, tighten the adjustment straps around you.



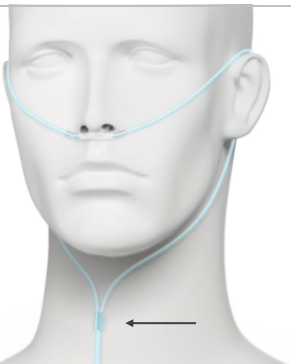
The chest belt icon should now be green.

2



Insert the cannula prongs into your nostrils (making sure the curved side is towards the back of your nose.) Loop the tubing around your ears and under your chin.

3



Adjust the slider to fit comfortably under your chin.

4



Insert the cannula connection into the device by twisting it into the cannula connection port.

5



The cannula icon should now appear green on the device.



Connect the pulse oximeter probe to your finger. The cable should rest on top of your finger and along the back of your hand.



The finger probe icon should now appear green on the device.

## Starting the Test

6



Once all of the sensors have been applied, all of the icons will appear green and you will be ready to start your test.

The test starts automatically once all the sensors have been applied. Over the next few minutes all the lights will turn off one by one. You can now go to sleep.



If the device detects a problem with any of the sensors, a flashing yellow icon will appear for 10 minutes. Adjust the sensor that is indicated. The flashing icon will turn from yellow to green and then disappear.

For assistance with your device, please call the 24 hour support line, 877-249-8331.

## Stopping the Test

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When you are done sleeping and out of bed, remove the sensors and the device.  
The device will turn itself off after 30 minutes.



7  
You can also power off the device by pressing and holding the button on the front for 5 seconds.



8  
To check the quality of the data that has been recorded, briefly press the button on the front of the device. This will make the Good Study Indicator appear. If the Good Study Indicator appears and displays one or more yellow lights, please call the support line for help with your device.

For assistance with your device, please call the 24 hour support line, 877-249-8331.

# Returning the Device

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Please follow the step by step instructions below to return all components and completed paperwork associated with the home sleep testing device.

1

After completing the test, return the device back to us in the packaging provided.

2

Place the device and ALL components and completed paperwork into the device case. *You do not need to remove the batteries from the device.*

3

Return the device to the local sleep lab or scheduling office where it was picked up.

4

If you have questions about where you picked up your device, please call Customer Service, 877-877-1267.

For additional information or help returning your device, please call Customer Service, 877-877-1267.



Clinical support provided by

