

SLEEP TESTING PATIENT GUIDE

Dear Sleep Test Patient,

Your healthcare provider has recommended a Sleep Test to evaluate your sleep patterns and to determine if you are suffering from a sleep-related illness or condition.

A Patient Experience Manager from OSAinHomeSM will contact you to discuss your current sleep patterns, gather additional health information, and determine which of our home sleep testing products will best suit your needs.

WHAT IS A HOME SLEEP TEST?

A home sleep test is a simple, but accurate way to measure your quality of sleep, all from the comfort of your own home. The devices we use aren't bulky, heavy, or loaded with wires. In most cases, the device you will use looks like a watch you would wear every day. It has a cup you place on your finger, and a single wire that runs to a monitor about the size of a quarter, on your chest. While you sleep, the test monitors your breathing, heart rate, and much more. It also records pauses in your breathing, known as apneas.

WHAT IS SLEEP APNEA?

Sleep Apnea is a common condition. Almost half of the American population suffers from it, but very few seek necessary, and possibly lifesaving, treatment for the issue.

Sleep apnea is a sleep disorder where you stop breathing during sleep. An individual with sleep apnea may not be aware of these pauses in breathing and the effect it has on their health and the quality of their sleep.

Sleep apnea, if left untreated, can lead to excessive daytime sleepiness, fatigue, and can exasperate health problems that you might already be dealing with, such as high blood pressure, diabetes, and/or obesity.

Treatment options today are technologically advanced and can fit the needs of every sleep apnea sufferer.



OSAinHomeSM

615-427-4228

| [OSAinHome.com](https://www.OSAinHome.com)

WHAT TO EXPECT



- 1.** An OSAinHomeSM Patient Experience Manager will call you to discuss your health history and assign your testing. They will also schedule the delivery of your home sleep test and your follow-up appointment to discuss your test results. The test kit normally arrives in 1-3 days.
- 2.** Follow the instructions included with the home sleep test to the letter. Failure to follow the explicit instructions of the test could result in your results being delayed or even causing an inaccurate or incomplete reading.
- 3.** Take the home sleep test the first night after receiving the device. Go through your regular evening and bedtime routines to ensure that you get a normal night's sleep.
- 4.** When you awake the next morning, follow the instructions provided with your testing device to ensure that OSAinHomeSM receives your test results.
- 5.** Your test results will be reviewed by a board-certified sleep physician, and a report will be sent to your healthcare provider. We will discuss the test results with you during your follow-up appointment. It is essential that you keep this appointment in order to receive the best care possible.

If you have questions about the process, your sleep test, or a follow-up appointment, contact us at:

(615) 427-4228