

Why should I have a Home Sleep Apnea Test?

So you stop feeling so tired, and for better health. A Home Sleep Apnea Test (HSAT) is a screening test for Obstructive Sleep Apnea (OSA), one of the most common sleep disorders. OSA can cause excessive daytime sleepiness (EDS) and snoring and is associated with obesity, heart disease, high blood pressure, stroke, and diabetes.

The biggest reason to have an HSAT is simply excessive daytime sleepiness – you feel more tired than you should. **EDS lowers the quality of life, affects relationships, hinders work performance, can cause personality issues such as irritability and lack of focus, and can create dangerous situations such as impaired driving.** You may feel tired all day, nearly every day, and feel like you cannot live your life to the fullest. Diagnosing and treating a sleep disorder could give you back your energy, alertness, and enthusiasm – it could give you back your best life.

Snoring is another significant symptom. Snoring can be an issue for the bed partner and can cause discord, relationship issues and separate bedrooms. It can be embarrassing or make the snorer an object of ridicule. About 60% of people who snore have OSA, and nearly everyone who has OSA snores.

Obesity can also be related to sleep disorders. Sleep disorders can contribute to obesity due to low energy, daytime sleepiness, and apathy. Obesity is a risk factor for OSA.

Sleep disorders are also related to other significant medical conditions. OSA is associated with heart disease, high blood pressure, stroke, and diabetes.

The reason to have a sleep study is to find out why you are sleeping poorly and what treatment options might help, so you can improve your quality of life and your health.

What is a Home Sleep Apnea Test (HSAT)?

A HSAT is a screening test designed to diagnose or rule out OSA, one of the most common sleep disorders. Your doctor may prescribe a HSAT if there is a strong suspicion of OSA. The HSAT device consists of mobile-phone sized until held on your chest by a belt to help determine body positions, 2 additional belts worn across the chest and abdomen, a painless finger wrap to measure blood oxygen levels and a cannula to measure breathing and snoring.

If an HSAT is negative, the patient may need to return for an In-Center Sleep Study to diagnose the actual sleep disorder causing the symptoms the patient experiences. If an HSAT is positive in diagnosing OSA, the patient may need to return for an In-Center Sleep Study in order to get a pressure setting for a CPAP device or an auto-titrating CPAP may be ordered by your doctor to determine the best pressure to treat your apnea.

An In-Center Sleep Study is much more comprehensive than an HSAT and is designed to provide a full picture of your sleep, including most sleep disorders. Your physician may order an In-Center Sleep Study for several reasons, including:

- To understand your sleep patterns more fully.
- To diagnose or rule out less common sleep disorders such as REM related apnea, positional apnea, restless leg syndrome (RLS), periodic limb movement disorder (PLMS) or narcolepsy.
- To establish the pressure settings needed for a CPAP device.

- A prior HSAT has proven unsuccessful or failed to uncover the cause of the symptoms you experience.
- Your physician feels that the extra care provided by the technologist during an In-Center Sleep Study will result in a more accurate test.
- The patient is a child or requires extra care. HSATs are not recommended for children under 18 years old.

Your physician will help determine the best approach for you.

Give me the quick overview

To get a HSAT, like any diagnostic sleep study, you must see your physician and they must order the study. We cannot do any studies without a prescription from your doctor. Everything we do is based on the order from your doctor.

It can take 7 to 10 days after you see your doctor before we contact you to schedule your appointment. Once we have all the required information, we will contact you to schedule your appointment.

For a HSAT, you will receive the device at the Sleep Center. We will provide printed instructions, as well as instructions to an on-line video you may choose to watch. If you have questions through the night, we do have technologists on-call to answer any questions you may have. You will take the device home and set it up for that night. The next day you will bring the device back to us. It can be dropped off in the bin provided just outside our front door. If you are coming from a distance, it can be arranged to have it sent back through the mail.

It is an easy process and you will have taken the first steps toward better sleep and better health!

How to use this device *[note to team: link to be provided.]*

When should I take the home sleep test?

Please use the equipment on the night you received it. It is very important that you keep your return appointment or ship the device back to us as soon as possible as we may have other patients scheduled to use the equipment.

What time should I go to bed?

Stick to your normal bedtime routine so that you can get a full night's sleep. We will have live technical support available overnight for any questions you may have. You can turn on the device when you get into bed, even if you do not fall asleep right away. If you get up in the night, it is okay to leave the device on for the duration. Notate any wakeful periods, bathroom breaks, lights off and lights on in the morning on the sheet provided. Anything that will help us process your test more accurately. Keep in mind that we do need **6 hours** of recording time for insurance purposes so please be sure to calculate that you have recorded for at least that amount of time during your test.

When will I get the results of my test?

The results of your sleep study will be scored by a registered technologist and interpreted by a sleep specialist. This process may take about 10 business days from the completion of your study. Your physician will contact you to go over your results.

What happens after my home sleep test?

Depending on the results of your home sleep apnea test, you may require follow up services.

If you test positive for sleep apnea, your physician may recommend an in-center CPAP (Continuous Positive Airway Pressure) titration to administer CPAP therapy and find a treating pressure. Alternatively, you may be

provided an auto-titrating CPAP device to use at home. This depends upon the recommendations in your sleep study, your physician's referral, and your insurance coverage.

Because the home sleep apnea test can only diagnose or rule out sleep apnea, you may require an in-center sleep test if the results from your home test are inconclusive or if you test negative for sleep apnea, but still have symptoms, such as excessive daytime sleepiness. For more information, please speak to your doctor.