

Home Sleep Study

Description

Home sleep studies provide a sleep physician with the information he or she needs to diagnose sleep apnea. It allows you to sleep at home wearing equipment that collects information about how you breathe during sleep. You will usually set up the testing equipment yourself.

The sleep testing devices measure your breathing, blood oxygen level, heart rate and other information about your body.

A home sleep study is designed to be a convenient way to collect information about your sleep.

What to Expect

On the day of your test:

- Try to follow your regular routine as much as possible.
- Avoid napping
- Eliminate use of caffeine after lunch

If you are on a regular medication, speak with your sleep physician. Your doctor may recommend that you temporarily discontinue using the medication.

Before your home sleep study, you have to go to the clinic to pick up the equipment. A member of the sleep team will give you instructions on how to use the home sleep study device. This is an opportunity for you to ask questions if there is anything you do not understand.

You can go to sleep at your regular bedtime. When you are ready to sleep, you will attach the sensors to your body as instructed. You may be asked to keep a sleep log. When you wake up in the morning, you can remove the sensors. You then have to take the device back to the sleep clinic.

Results

Members of the sleep team will score and interpret the information collected through home sleep study. This may take several days or weeks. The sleep physician will contact you to discuss the results

