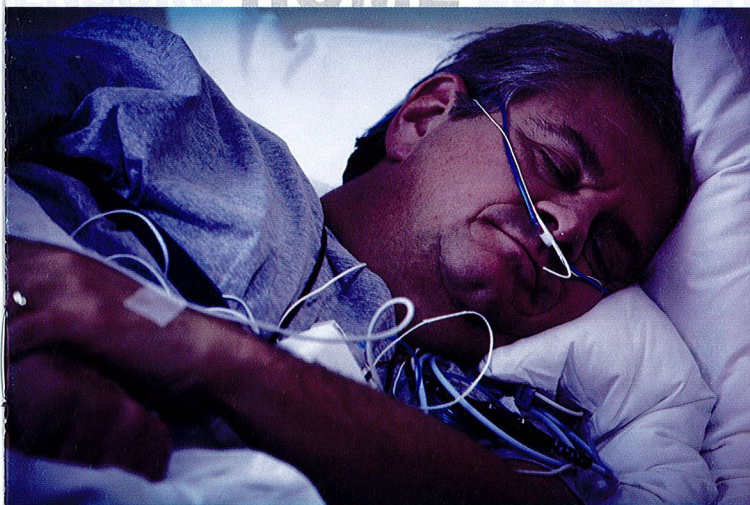


YOUR HOME *sleep test*

DEPRESSION SLEEP
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SENSORS HOME LUNGS BR



The American Academy
of Sleep Medicine
www.aasmnet.org

WHAT IS HOME SLEEP *testing?*

Home sleep testing, or HST, occurs when you sleep at home wearing equipment that collects information about breathing during sleep. HST is used to diagnose obstructive sleep apnea.

Untreated OSA is associated with medical problems like diabetes.

Obstructive Sleep Apnea, or OSA, occurs when the muscles of the throat relax and the airway collapses during sleep. Air cannot get into the lungs and the level of oxygen in the blood goes down.

Signs of OSA include:

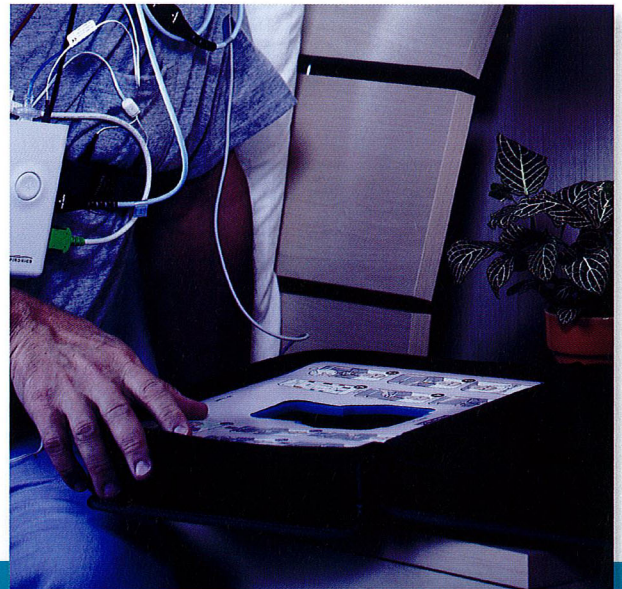
- Choking or gasping during sleep
- Daytime sleepiness or tiredness, even after a full night's sleep
- Loud or frequent snoring

LEARN ABOUT HOME SLEEP TESTING

Risks of untreated OSA include:

- Poor concentration
- High blood pressure
- Depression
- Car crashes

HST is different from a sleep study in a lab because you are sleeping at home and using different equipment. There is no technologist at your home like there is in a lab. You will usually set up the testing equipment yourself.



For more information, visit www.sleepeducation.org

DO I NEED HST?

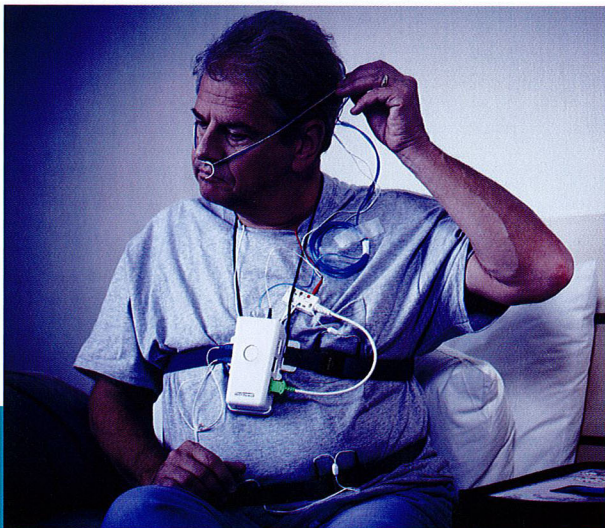
Not everyone should have HST. While HST is used to diagnose OSA, some sleep disorders are better evaluated in a laboratory. HST is primarily used to diagnose OSA. Your health care provider will tell you if HST is right for you.

You should not have HST if:

- You do not have a high risk of OSA
- Your health care provider thinks that you may have another sleep disorder
- You have certain medical conditions

HOW WILL I GET MY HST EQUIPMENT?

You may have to go to a doctor's office or sleep center to pick up the equipment, or someone may bring the equipment to you.



WHAT SHOULD I DO THE DAY OF MY HST?

- Keep your regular routine as much as possible
- Don't nap
- Don't drink caffeine after lunch
- Speak with your health care provider about whether or not to take your regular medication the day of your HST

HOW DO I USE MY HST DEVICE?

You will be given instructions on how to attach the sensors and how to use your HST device.

There are many different HST devices that have a variety of sensors and equipment. They all measure information related to breathing and blood oxygen level. They may also measure your heart rate or other information about your body. The HST device collects information while you sleep and stores the data. Ask questions if there is anything you do not understand.

WHAT HAPPENS AFTER MY TEST?

When you wake up from your night of sleep, you will remove the sensors. You may have to take the device back to the sleep center or send it by mail. The information gathered during the sleep study will be interpreted by a sleep specialist. Your health care provider will discuss the results with you. Depending on the results of your HST, you might have to have an in-lab sleep study.

WHY WOULD I NEED AN IN-LAB SLEEP STUDY?

You may need to stay overnight in a sleep lab if:

- Your HST did not record enough data for a diagnosis
- Your HST results indicate that you do not have OSA

HOW IS OSA TREATED?

If you are diagnosed with OSA after your HST, then your health care provider will discuss your treatment options with you.

POSITIVE AIRWAY PRESSURE: The most common treatment for OSA is Positive Airway Pressure, or PAP, therapy. Your health care provider may have you come in for an in-lab sleep study in the sleep center or prescribe at-home PAP therapy to determine the best PAP settings for you.

Studies show that people with treated OSA have more energy

OTHER TREATMENTS FOR OSA: There are other treatments in addition to or instead of PAP therapy. If you are overweight, weight loss can help improve or eliminate your OSA. Oral appliances are used to treat mild to moderate OSA. They fit over the teeth and are worn during sleep.

People with OSA may have surgery to reduce the tissue in their throats or to help them lose weight. Lifestyle or behavioral changes, such as quitting smoking or drinking alcohol, can also help treat OSA.

Speak with your health care provider if you have any questions about home sleep testing.