

# HOME SLEEP TEST PATIENT GUIDE



## ***Dear Home Sleep Test Patient,***

Your healthcare provider has prescribed a **Home Sleep Test** to evaluate you for a condition called Sleep Apnea.

**Blackstone Medical Services** will contact you to schedule your home sleep test, provide the home sleep test equipment and process your test results.

## ***WHAT IS SLEEP APNEA?***

**Sleep Apnea** is a condition where you stop breathing during sleep. An individual with sleep apnea may not be aware of having this difficulty breathing.

Sleep apnea, if left untreated, can lead to excessive daytime sleepiness and fatigue, as well as serious health problems such as high blood pressure, heart problems, diabetes and stroke. **The good news is**, however, that treatment options are available for every sleep apnea sufferer!



## ***WHAT IS A HOME SLEEP TEST?***

A **Home Sleep Test** is a simple-to-perform diagnostic procedure you will take in the comfort of your own home.



While you sleep, the home sleep test device monitors your breathing and records pauses in your breathing known as Apneas.

# WHAT TO EXPECT:



- 1** **Blackstone Medical** will call you to schedule the delivery of the **Home Sleep Test** equipment kit.
- 2** This test kit will typically arrive in 1-2 days.
- 3** Take the home sleep test the first night after receiving the device. Go through your regular evening and bedtime routines to make sure you get your normal night's sleep.
- 4** Fill out the required paperwork and return the device by following the instructions provided with the device.
- 5** When **Blackstone Medical** receives the device, the data will be processed and reviewed by a **Board Certified Sleep Physician** and a report will be sent to your healthcare provider, with whom you will discuss the results.

## TEST SCHEDULING TIPS

When **Blackstone Medical** calls, the following information will be required to schedule your test:

- \* Your address.
- \* Date of birth.
- \* Current/accurate height & weight.
- \* Date you will do the test.

**To learn more, contact Blackstone Medical Services at  888.710.2727**