



Instructions for Home Sleep Studies (HST)

Please read the following instructions before you come to the office to pick up your home sleep study equipment.

- At check-in, you will be provided with sleep forms. Please complete these forms in their entirety prior to picking up your home sleep study machine.
- To obtain the best results from your home sleep study, you must have a quiet sleep environment to avoid interference with the recording equipment.
- At least 6 hours of recorded sleep data must be obtained.
- Sleep devices must be returned during office hours the next day:
8:00 AM - 4:00 PM.

****** It can take up to 2 weeks to process your home sleep study results. The test results will be discussed with you at your next scheduled follow-up visit. At this follow-up visit your physician will discuss your course of treatment. You may be scheduled for an in-lab sleep study. ******

- If you do not show up for your scheduled appointment, there will be a “**No-Show**” fee of \$150. (This is **not** covered by your insurance.)
- The sleep device must be returned **within 24 hours** or there will be a \$100.00 fee each day it is not returned. (This is not covered by insurance).