



HOME SLEEP STUDY PATIENT INSTRUCTIONS

Your Sleep Study

A home sleep test (HST) is an overnight study that is done at the patient's home. During your upcoming visit you will be given a monitoring device to take home.

PLEASE NOTE THE DEVICE IS PROGRAMMED TO BE USED ONLY ON THAT NIGHT. It should be returned to the center on the following day along with all the attachments and cases provided.

What should I bring?

- Your health insurance card and a form of identification (Driver's License or State ID Card)
- Your Smart phone (iPhone, Android, Samsung, Google Pixel)

What to expect at the Sleep Center

- Upon arrival, please walk up to the door and ring the doorbell outside. A member of our staff will meet you at the door and let you into the facility.
- Once in the room you will be asked to fill out paperwork.
- A member of our staff will show and give you instructions on how to use the device, they will then download a free app onto your smart phone and Bluetooth connect it to the testing device.



What do I need to do?

PRIOR TO the day of your study:

- You will be called no later than the morning of your sleep study to confirm your appointment and to answer any remaining questions you may have.
- If you need to cancel your sleep study, please call 2 business days prior to your test date to do so.

DAY OF your study:

- **DO NOT** take any naps on the day of your study.
- **DO NOT** drink any caffeine after 12:00 Noon. This includes: coffee, tea, chocolate, cocoa, and soda. You may drink caffeine-free sodas and/or decaffeinated coffee.
- **DO NOT** drink any alcohol 12 hours before your sleep study, unless otherwise directed by your physician.

****To Cancel or Reschedule****

If you need to cancel your appointment, please call the Sleep Center **as soon as possible** so that someone else may take your place. We ask that you let us know at least **24 hours** in advance for canceling or rescheduling. Failure to do so may result in a \$25 "NO SHOW" fee.

**** Billing and Insurance Questions****

If you have any questions regarding insurance, billing, and/or possible co-payments related to your sleep testing appointment, please contact **your insurance company** directly. Your insurance company has the most accurate information concerning your benefits for this procedure.



Sleep Study Follow-Up

You will drop the device off to our facility the following day after you complete your study.

Once you Complete your study and before returning the device, please call the Sleep Center before 10:00 AM so we can make sure your study uploaded into the system correctly.

Our staff will not be able to discuss detailed information in regards to your sleep study. Your study must be interpreted by a Board Certified Sleep Specialist (physician) before the final results are available. To obtain your results, you must contact your referring medical provider.

**If you have any questions or concerns, please call the sleep center at:
386-586-6229 or 954-306-3760.**

Our regular business hours are Monday-Friday, 9:30 A.M. to 4:30 P.M.

**Thank you for choosing Flagler Diagnostic and Sleep Disorder Centers
for your sleep medicine needs!**