

*Hendricks Regional Health
Sleep Disorders Center
hendricks.org/sleep
(317) 745-3680*

About Your Sleep Study

Your physician has requested a Home Sleep Test (HST) to evaluate for Obstructive Sleep Apnea (OSA). During the test, the HST device records breathing patterns and oxygen levels while you sleep at home in your own bed.

The Sleep Disorders Center will call you prior to the date of your test to schedule a convenient time for you to pick up the HST device and to receive education on the use of the device. **Please note: the HST device must be returned the day after pickup.**

Once returned, the recorded data will be interpreted by a board certified sleep specialist. The results of the test are generally available within 7 working days. Your referring physician will be sent the results as soon as they become available.

Preparing for Your Home Sleep Test

On the day of your HST, take prescription medications as you normally do, unless otherwise directed by your physician. Do not take any naps, as they may interfere with your test. Consume food and drinks as you normally would, but avoid caffeinated food and beverages after noon. Please refrain from alcohol.

Fill out the enclosed Questionnaire and bring it with you when you pick up the HST device.

Where do I go to pick up and drop off the HST device?

Please enter the hospital at the West Entrance. To the left, pass Outpatient Registration. Elevator A will be on your left. The Sleep Disorders Center is on the 4th floor.

Rescheduling your test

If you are not able to keep your appointment, please call our Central Scheduling department at 745-3814 at least 48 hours in advance to reschedule your test.

Test date: _____

Test time: _____