

## Home Sleep Study

Your doctor has ordered a home sleep study for you. This handout explains the sleep study and what to expect. If you have any questions, please ask your doctor.

### **What is a home sleep study?**

A home sleep study records breathing patterns, oxygen levels, and heart rate. It even senses snoring. If you have any issues while sleeping, it will show up on this test. An example of this is sleep apnea. The study does not hurt. There are no side effects. The sleep study happens during your normal sleeping time.

### **The Procedure**

You or someone you know will put the sensors on your body. This happens right before going to sleep. Wisconsin Sleep staff do not come to your home.

These sensors include:

- Two belts: One that wraps around your chest and the other around your stomach.
- Two sensors that will go between your nose and mouth.
- One sensor that is placed on your finger.

If you have problems with the equipment you may call **(608) 232-3311**. You can reach trained sleep techs day and night, Monday through Friday. They can answer any questions.

### **Getting Ready for Your Home Sleep Study**

#### **Instructions or DVD**

A DVD and a picture book come with each home sleep study machine. You may pick the equipment up from one of our schedulers. If you want to learn more, we do offer a weekly class. For more details, please see one of our schedulers.

#### **Before Your Study**

Please wear comfortable clothing. It is best to follow your normal bedtime routine as much as you can. Take all medicines as usual, unless your doctor told you not to.

#### **After the Study**

After waking up, take off the sensors. Put all the sensors back into the carrying case. Take the home sleep study equipment back to the place you picked it up. You will be charged a fee if it is not returned on time.

#### **Results**

A sleep doctor will look at the information. The results will be sent to you by US mail and released to MyChart. To learn more about MyChart and sign up visit [uwhealthmychart.org](http://uwhealthmychart.org).

You may need a follow up visit. Wisconsin Sleep or your doctor may want to go over your results. If you do not need a follow up visit, you may ask to review your results with a WI Sleep provider.

**Durable Medical Equipment Supplier**

If you are diagnosed with sleep apnea, there is treatment. The most common treatment is continuous positive airway pressure (CPAP) machines. You can get these machines from a durable medical equipment (DME) supplier. This is not a part of Wisconsin Sleep. The paperwork with the home sleep study will ask you to choose a DME supplier. Choosing a DME supplier will help to speed up treatment. The DME will contact you. They will arrange a time to teach you the equipment. Feel free to contact your chosen supplier for an update if you have not received a call.

**Who to Call**

If you need to change the date of the home sleep study, please call **(608) 232-3333**.

If you have questions during the test, please call the sleep lab at **(608) 232-3311**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7819