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.

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.

Wisconsin Sleep uses 2 types of home sleep studies: WatchPAT and Port Monitor. Follow the directions for the device you receive.

WatchPAT
WatchPAT uses a finger sensor, wrist monitor, and body sensor with a microphone. These record your oxygen level, heart rate, blood flow, body movement, and snoring. The phone number for WatchPAT support comes with your equipment.

Read the WatchPAT Sleep Study Guide, or scan the QR code or click the link to watch the setup video.

https://youtu.be/3tD2HJ-TQaM?si=jm4yseH-HMMTja8H

Port Monitor
The Port Monitor has:

- 1 belt that wraps around your chest
- 2 sensors that go between your nose and mouth
- 1 sensor that goes on your finger

A visual guide and the phone number for sleep clinic come with your equipment.

Getting Ready

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 released to your MyChart or mailed if you do not have MyChart. To learn more about MyChart and sign-up visit 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, treatment is available. The most common treatment is a continuous positive airway pressure (CPAP) machine. You can get a CPAP machine from a durable medical equipment (DME) supplier. The DME supplier is not part of Wisconsin Sleep.

The paperwork that comes with your home sleep study will ask you to choose a DME

supplier. Choosing one can help you start treatment sooner.

The DME supplier will call you to set up a time to teach you how to use the equipment. If you do not get a call, you can call your DME supplier for an update.

Who to Call

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

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 © 11/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7819