GRAHAM HEALTH SYSTEM

Home Sleep Test (HST) Patient Instructions

A Home Sleep Test (HST) is used to evaluate for sleep apnea and other sleep-related breathing disorders while you sleep in your own home. The WatchPAT™ 300 records information such as oxygen levels, heart rate, and sleep-related data throughout the night.

To Prepare for Your Test:

Before your Test:

- Follow your normal daily routine unless instructed otherwise by your provider.
- Avoid napping on the day of your test.
- Avoid alcohol on the evening of your study, as it may affect test results.
- Continue taking your medications as prescribed unless your provider instructs otherwise.
- Remove nail polish, artificial nails, acrylic nails, or gel polish from the finger that will wear the WatchPAT sensor.
- Shower or bathe before applying the equipment.
- Do not apply lotions, oils, or creams to your hands or chest before testing.

During your Test:

A Sleep Center staff member will provide instructions on how to apply and operate the WatchPAT 300 device. The equipment consists of a wrist-mounted device, a finger probe, and a small chest sensor.

Apply the equipment immediately before going to bed and follow your normal bedtime routine. Once the device is activated, attempt to sleep as you normally would. If you need to get up during the night, leave the equipment in place whenever possible.

For accurate results, the finger probe and chest sensor should remain attached throughout the night.

Improper application of the equipment may result in incomplete data and the need to repeat the study.

If You Currently Use CPAP or BiPAP Therapy

If you currently use a **CPAP, AutoPAP, or BiPAP device**, **do not use your device on the night of your Home Sleep Test unless specifically instructed to do so by your provider or the Sleep Center.** Using positive airway pressure therapy during the study may affect the results and prevent an accurate evaluation of your sleep-disordered breathing.

Equipment Return

The WatchPAT™ 300 equipment is the property of the Sleep Center and must be returned by the date and time provided at pickup. Failure to return the equipment may result in:

- Delays in interpretation of your sleep study.
- Cancellation or rescheduling of future testing.
- Financial responsibility for replacement costs, as permitted by organizational policy.

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Patients who fail to return the equipment may be subject to a fee or replacement charge for lost, damaged, or unreturned equipment.

Results:

Once your study is completed and the equipment is returned, the data will be reviewed by a sleep specialist. Your ordering provider will discuss the results and any recommended treatment options with you.

Need to Reschedule?

Please contact Scheduling at **309-647-5240 ext. 2860** at least 48 hours before your appointment.
Questions regarding your test may be directed to the Sleep Disorder Clinic at **309-647-5240 ext. 2396**.