**Home Sleep Study for Patient Instruction**

**Procedure:**

1. **Authorization to Charge Form:**
2. Cost of HST kit $1215.00 if damaged under pt. care.
3. All kits must be returned by 9:00 am the following morning.
4. Form must be signed prior to set up.
5. **Instructions:**
6. You must wear a Cotton T-shirt or gown for the sleep study.
7. Pulse ox maybe used on any finger except pinky and thumb, wire lying on top of hand.
8. Chest monitor has to stay at upper chest (heart level); straps can be adjusted for snug fit that does not allow for device to move around on chest when turning side to side.
	1. **Do not wear monitor on your stomach**
9. Nasal cannula
	1. Does NOT deliver O2
	2. Records inhalations, exhalations, and snoring.
	3. Cannula “Hook” goes inside the upper lip of your mouth.
10. Use paper tape to secure nasal cannula and pulse ox in place.
11. Lights will first appear orange than turn green once recognized by the device.
	1. Total of 3 lights on your left and 1 full circle with 4 triangles on your right of the device means device is ready to record your study.
	2. These lights do **NOT** stay on. They turn off after 2-5 minutes and stay off during use.
12. Pulse ox, nasal cannula and one strap are left intact for easier setup at home.
13. You will wear your device prior to sleeping and remove once awake in the morning.
	1. Minimum hours accepted is 4 hours.
	2. The more hours obtained, the more information can be scored and interpreted.
14. Extra set of batteries are included in kit.
	1. Generally not needed.
15. The device is to be returned the next morning at 9:00 am.
	1. The office does not open prior to 9:00 am.

Tips/tricks

1. If a sensor becomes loose or falls off during the study, the corresponding sensor icon will flash yellow until you fix the connection or for the period of 10 mins.
2. Once the belt is removed from one side of the monitor, the device will stop recording and turn off.