



## HOME SLEEP TESTING PROGRAM

---

Home sleep testing (HST) has become the preferred testing for a number of reasons including convenience, comfort and affordability. Due to significant advancements in the technology of CPAP machines, CPAP therapy can be initiated without a formal visit to the doctor or an in-lab sleep study. Data from newer CPAP machines can be reviewed and evaluated for correct pressure settings, required to prevent breathing obstructions. The newer machines are called Auto CPAP devices which adjust automatically throughout the night depending on the individual respiratory needs of the patient.

Home sleep testing is less disruptive to the patient by allowing the testing to be done in the convenience of their home. Home sleep testing is a fraction of the cost of in-lab sleep tests.

In home sleep testing is available through the use of Resmeds ApneaLink HST device, a portable computer monitoring device that measures heart rate, oxygen saturation and analyzes breathing patterns throughout the night. Home sleep testing is generally done over one night. The computer monitor is attached to a belt worn around the chest. Included with the monitor is a pulse oximeter worn on the finger and a nasal cannula placed in the nose. When the testing is completed, the unit is returned to the office and data is downloaded into a report which is interpreted by our board-certified sleep physician

### How does the HST process work?

- To start, patients will complete the HST questionnaire to help identify those at risk for a sleep disorder.
- Patients will then rent the HST device from CPAP EquipSource to perform a self-administered home sleep apnea study to identify the presence of OSA (obstructive sleep apnea).
- Patients will pick-up HST device from the CPAP EquipSource retail store or be mailed a sleep test to complete in the comfort of their own bed.
- Once completed and returned, our board-certified sleep physician will review the test results and the patient will receive therapy recommendations, which most often starts with positive airway pressure therapy (PAP).
- Test results can be sent to your primary physician for review and prescription for CPAP therapy if recommended.
- For an additional fee, our sleep doctor will write a CPAP prescription based on the results of the test and information gathered from the completed HST questionnaire.
- If indicated, patients will have the option to purchase a PAP device from CPAP EquipSource with access to a trained respiratory therapist for assistance with the setup and guidance for choosing the correct mask and educate on the importance of adhering to the prescribed sleep therapy.
- This entire process normally takes about 5 business days based on a successful test.

## How much is the cost for the home sleep test?

<b>CPAP EquipSource HST Service Types</b>	<b>Cost</b>
Home Sleep Test with physician interpretation/recommendation	\$199.00
Home Sleep Test with physician interpretation & CPAP prescription	\$399.00

### **Rental Agreement Requirements;**

- Requires a major credit card to rent the HST device.
- Copy of valid driver's license or state ID.
- Additional shipping fees will be applied for FED-X/UPS overnight freight and return charges.
- Delivery and device pickup charge of \$75.00 (each way) if delivered/picked within 30 miles of the CPAP EquipSource Middleburg Hts, Ohio office.
- Fully completed and signed rental agreement.

## **Home Sleep Apnea Test Instructions**

Provided below are the patient directions for the ResMed ApneaLink Air Take-Home Sleep Apnea Test. This is a self-administered test. Please watch one of the many ApneaLink Air user videos on YouTube and read all directions before beginning your test. If you experience an emergency during your home sleep test, do not call or return to CPAP Equipsource. Please immediately call 911.

### **STEP 1: FINGER SENSOR**

The ResMed ApneaLink Air device may provide a red, blinking light on your pulse oximeter finger sensor. This often occurs due to excess humidity, sweating, or finger swelling (such as due to a salty dinner). As long as your finger sensor has a visible red light within the finger sensor itself, your device is correctly recording data.

### **STEP 2: READ DIRECTIONS**

For questions, read the ResMed ApneaLink Air manufacturer's instructions included in your kit.

### **STEP 3: PERFORM SETUP**

Setup the ResMed ApneaLink Air on your person on the outside of your sleep attire following the manufacturer's directions and video. For both male and female patients, we advise that there is no bare-chested or nude sleeping with the device. Please wear at least a t-shirt or pajama top and bottom to sleep with the device.

#### **STEP 4: GO TO SLEEP**

Sleep in a position that is most comfortable for you. If you are able to sleep supine (on your back), you may be encouraged to do so as sleep apnea and snoring tend to be more prominent when sleeping on your back. However, follow your physician or healthcare provider's directions (if any) regarding sleep position.

If you awaken at any point during the night to change sleep position or use the restroom, we recommend you reconfirm correct sensor placement with (3) green lights and troubleshoot as needed.

Please remove the ResMed ApneaLink Air from your person before smoking, eating, drinking, or bathing.

#### **STEP 5: PACK AND RETURN TEST KIT TO CPAP EQUIPSOURCE**

After the test is over, pack all items back into the travel case (including the disposable nasal cannula) and return to CPAP EquipSource at the scheduled return date/time window. The replacement cost is \$2,900.00 for broken, inoperable, damaged devices or those that are not returned in usable condition to CPAP EquipSource.

#### **IMPORTANT INFORMATION:**

- The Resmed ApneaLink sleep apnea testing device is a screening tool for obstructive sleep apnea and snoring, oxygen saturation, and heart rate. Home sleep testing does not diagnose or treat any other sleep disorders. Home sleep testing does not measure or quantify neurological sleep, sleep continuity, or restorative sleep indices.
- For both male and female patients, we advise that there is no bare-chested or nude sleeping with the device. Please wear at least a t-shirt or pajama top and bottom to sleep with the device.
- This is an unattended procedure, so there is not a sleep technician monitoring your device usage during your at-home testing, nor does the device transmit wireless data to CPAP EquipSource for monitoring or technical assistance.
- Please remove the ResMed ApneaLink Air from your person before smoking, eating, drinking, or bathing.
- If you experience an emergency during your home sleep test, do not call or return to CPAP EquipSource. Please immediately call 911.

#### **WHAT MY KIT CONTAINS:**

- (1) Reusable ResMed ApneaLink Air
- (1) ResMed ApneaLink Air manufacturer's instructions.

- (1) pair of brand-new AAA batteries installed that are good for up to ten (10) hours of recording.
- Unopened, single-use, disposable nasal cannula.

**INFORMATION ABOUT MY KIT:**

- The device has been calibrated and confirmed operable as of your setup appointment.
- The device is programmed with your name, gender, and date of birth. That is the only personal information specific to you that has been programmed into the device by CPAP EquipSource.
- The device surface has been cleaned with a germicidal disinfectant and gentle soap.
- Your single-use, disposable nasal cannula is provided unopened for your sole use.

Call us at **1-440-625-0660** for more information.

E-mail: **orders@cpap411.com** or via our secured fax line at **1-866-763-9505**