



## **Patient Guide for Home Sleep Test**

### **Frequently Asked Questions:**

#### **What is a Home Sleep Test?**

A home sleep test is an easy to perform diagnostic procedure you will take in the comfort of your own home. While you sleep, the home sleep test device monitors breathing and records pauses in your breathing known as Apneas.

#### **What is Sleep Apnea?**

Sleep Apnea is a condition where you stop breathing during sleep. An individual with sleep apnea may not be aware this is happening. Untreated sleep apnea can lead to excessive daytime sleepiness, fatigue and other serious health problems such as high blood pressure, diabetes and heart problems.

#### **What to expect:**

- AeroFlow will contact you to schedule delivery of home sleep test equipment via UPS (allow 2-4 business days for arrival)
- Take the test the night it arrives. The equipment includes easy to follow instructions as well as a 24 hour support line
- Complete the enclosed paperwork and return with the device in the prepaid envelope
- When AeroFlow receives the device we will process and data will be reviewed by our board certified sleep physician
- AeroFlow will contact patient and discuss findings of test and any recommended treatment

**To learn more contact AeroFlow Industrial Clinics**

**1-866-650-7508**

**[www.AeroFlowIndustrialClinics.com](http://www.AeroFlowIndustrialClinics.com)**