



Center for Sleep Medicine  
 425 East 61<sup>st</sup> Street, 5<sup>th</sup> floor  
 New York, NY 10065  
[weill.cornell.edu/sleepcenter](http://weill.cornell.edu/sleepcenter)  
 646.962.7378 (REST)  
 646.962.0455 (fax)

HST Appt Date: __/__/__	Time ____:____PM
Follow-up Date: __/__/__	Time ____:____AM/PM
Patient name: _____	
Scheduled by: _____	

## HOME SLEEP STUDY - PATIENT INSTRUCTIONS

Please read and understand the following information prior to your scheduled appointment.

### IMPORTANT:

- PATIENTS ARE REQUIRED TO PAY ALL COPAYS AT THE TIME OF SERVICE. PAYMENTS CAN BE MADE IN CASH, CHECKS, MONEY ORDERS, OR BY CREDIT CARD.
- IF FOR ANY REASON YOU CANNOT KEEP THIS APPOINTMENT KINDLY GIVE THE OFFICE A CALL 48 HOURS BEFORE YOUR SCHEDULED APPOINTMENT DATE.
- IT IS THE PATIENT'S RESPONSIBILITY TO INFORM THE OFFICE OF ANY INSURANCE CHANGES. FAILURE TO DO SO MAY RESULT IN COSTLY MEDICAL BILLS.
- PATIENTS ARE RESPONSIBLE FOR RETURNING THE DEVICE TO THE CENTER ON THE NEXT BUSINESS DAY.
- PLEASE BE PREPARED TO WAIT FOR 10 MINUTES AFTER RETURNING THE UNIT WHILE WE ENSURE THE DATA WAS ADEQUATELY CAPTURED

### UNDERSTANDING A HOME SLEEP STUDY

A home sleep test (HST) is an overnight study that is done at the patient's home for the diagnosis of sleep apnea. It doesn't monitor brain activity or sleep state. During your upcoming visit, you will be given a monitoring device to take home. The home sleep testing equipment is to be worn for one night.

PLEASE NOTE THE DEVICE IS PROGRAMMED TO BE USED ONLY ON THAT NIGHT. It should be returned to the center on the following day along with all the attachments and cases provided.

### WHAT TO EXPECT DURING YOUR APPOINTMENT

A member of our sleep team will give you instructions on how to use the home sleep study device. You will be provided with a sleep log to record pertinent information after the study is completed. You should keep your usual routine and go to sleep at your regular bedtime. When you are ready to sleep, you will attach the sensors to your body as instructed.

## YOU MUST RETURN THE HST UNIT TO THE CENTER THE NEXT DAY.

**Directions by car** (parking is available in the immediate area at various garage locations):

From the FDR-South take exit 12 at 63<sup>rd</sup> Street - turn left onto York Ave - make a right onto 61<sup>st</sup> Street  
 From the FDR-North take exit 12 at 61<sup>st</sup> Street – cross York Ave - 425 East 61st Street is on the RIGHT

**Directions by subway:**

Take the 4/5/6 train to the 59th Street/Lexington Station. Walk four blocks east toward York Ave.

**Directions by bus:**

Take the M31 to 61<sup>st</sup> Street. Via 1<sup>st</sup> Avenue, then M15 to 61<sup>st</sup> Street. Walk one block east to York Ave.

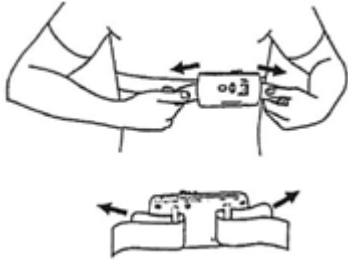


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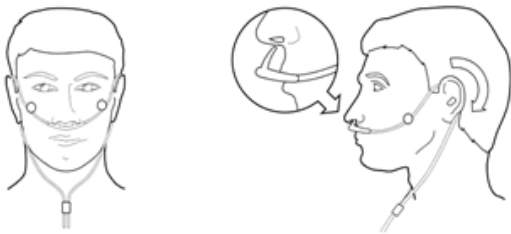
**Home Sleep Testing Instructions**

**STEP 1 - Strap the home study device to your chest.**

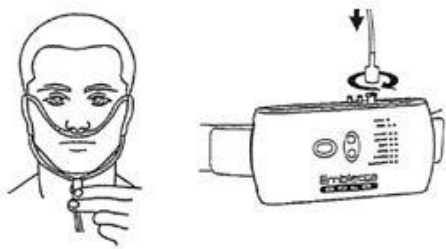


**STEP 2 (SKIP THIS STEP FOR CPAP STUDIES)**

- a) Place the cannula in the nostrils and over the ears.
- b) Tape cannula to your cheek bones.



- c) Tighten the cannula under the chin and screw tubing into the device.



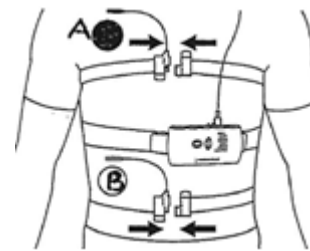
**STEP 2 - FOR CPAP STUDIES – ONLY**

- a) Place CPAP mask onto your face
- b) Connect CPAP mask onto hose
- c) Connect the hose onto the CPAP machine
- d) Connect transparent tubing to the device



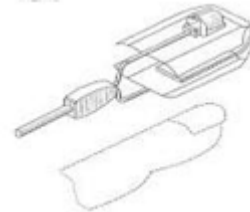
**STEP 3 - Make sure the device is strapped to your chest**

- a) Place on thorax belt (A) (blue) on the chest
  - b) Place the abdomen belt (yellow) around your waist line
- Make sure the belts have the black side facing outside

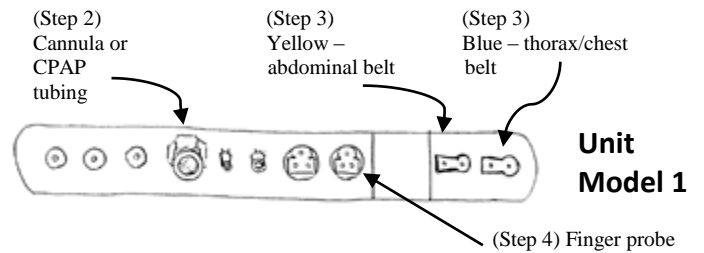


**STEP 4 - Attach the finger probe to the index finger**

Use tape to secure the finger probe and cable to ensure the probe stays in place during the night



**STEP 5 - Attach color-coded cables to the device (check model below)**



**Unit Model 1**

**OR**



**Unit Model 2**

**PLEASE CALL OUR TECHNICAL TEAM AT 646-962-9311 WITH ANY QUESTIONS**