



# Home Sleep Test (HST)

## Frequently Asked Questions

**Question:** What does an HST do and how is it useful?

**Answer:** A HST is a test that will collect the data regarding your sleep pattern on the day you use it. It is also very convenient as you can use it right in your home.

**Question:** What should you do before taking the test?

**Answer:** Ensure that you follow your regular pattern of work, diet and sleeping. But avoid taking caffeine in the afternoon and alcohol in the evening.

**Question:** Can you take your regular medicines?

**Answer:** It is best to check with your sleep physician to determine if you can avoid the medicine you take regularly on the day you take the test.

**Question:** How will you get your home sleep study equipment?

**Answer:** You will be scheduled to come to the office to pick up your HST device. Please, ensure you get all the instructions on how to attach and use the HST machine on the day you pick it up.

**Question:** What should you do before going to sleep?

**Answer:** When you go to sleep at your regular time, attach the sensors to your body as shown on the instructions. You may need to keep a sleep log or you can press a button that is on the machine before going to sleep.

**Question:** What should you do in the morning after waking up?

**Answer:** Once you get up in the morning, simply remove the sensors and bring the home sleep study equipment back to the office.

**Question:** When will I get my test results?

**Answer:** It may take up to 2weeks for the results of your HST to be available. Depending on the results of your HST your physician may ask you to schedule an in-lab sleep study. If your sleep disorder is accurately diagnosed as obstructive sleep apnea, your physician will let you know the next course of treatment.