



HOME SLEEP TEST PROCEDURE

SNI Neurology & Sleep Clinic

What is a Home Sleep Test?

A Home Sleep Test (HST) may be appropriate if you have signs of sleep apnea such as:

- Snoring
- Observed episodes of stopped breathing during sleep
- Waking up gasping or choking
- Awakening with dry mouth or sore throat
- Morning headaches
- Excessive daytime sleepiness
- Trouble focusing during the day
- Mood disorders

Is it covered by insurance?

We cannot guarantee your insurance company will cover this procedure. We do verify your insurance benefits prior to scheduling, but please call your insurance company before your test and give them the procedure code 95806 to determine what you may be responsible for.

What to expect:

- The Home Sleep Test has three attachments: (1) a nasal cannula that measures your breathing (2) a finger probe that measures your oxygen levels and (3) a belt around the chest that monitors your effort to breathe.
- When you pick up the HST Kit in the clinic, you will be instructed on how to use the device and given paperwork to fill out at home along with printed instructions.
- Take your regular medications as prescribed and go with your normal sleep routine.
- You will be using the HST device for 2 nights. Once returned, we will go over the data and give you a call in about a week for the results.
- If you have any questions, kindly call the sleep lab at 214-574-4999.