

Home Sleep Apnea Test

PATIENT INFORMATION GUIDE



- Patient Paperwork
- Testing Device Instruction
- Post Test Questionnaire
- Return Instructions



Step by Step Guide

1

Patient Paperwork

Review the **Patient Information for Home Sleep Apnea Testing** section. It will give you more information about the test and testing process.

The **HIPAA Notice of Privacy Practices** can be obtained by visiting [MedbridgeHealthcare.com](https://www.medbridgehealthcare.com) or a hard copy can be requested by calling Customer Service, **855-478-8663**.

2

Testing Instructions

Follow the **Patient Instructions** as outlined to activate the Home Sleep Testing Device. Wear the device for two consecutive nights, if possible. For additional device directions, including video instruction, visit the home sleep testing page of our website: [medbridgehealthcare.com/hsat](https://www.medbridgehealthcare.com/hsat)
For device or testing questions, please call the 24 hour support line, **877-249-8331**.

3

Post Test Questionnaire

Complete the **Post Test Questionnaire** upon completion of testing. Be sure to return this document with your device. Please fill out the **Satisfaction Survey** section and include as much information as possible.

4

Return Instructions

Following the instructions on **Returning the Device**, use the packaging provided to return the device and completed paperwork.

For additional questions about returning the device, please call Customer Service, **855-478-8663**.

1 Patient Information for Home Sleep Apnea Testing

Dear Patient,

Your physician has prescribed a Home Sleep Apnea Test for evaluation of Obstructive Sleep Apnea. This was determined based on medical information given during your recent office visit. Please complete the enclosed paperwork and return with your device.

If you have any questions, please call Customer Service, 855-478-8663.

What is Obstructive Sleep Apnea?

Obstructive Sleep Apnea (OSA) is not just snoring. OSA is a condition where breathing is disrupted during sleep. When left untreated, OSA can lead to excessive daytime sleepiness and fatigue. It can also lead to serious health problems such as high blood pressure, heart disease, diabetes, and stroke. You may have sleep apnea and be unaware of this condition. If you test positive, treatment options will be discussed with you by your physician.

What is a Home Sleep Apnea Test?

A Home Sleep Apnea Test is a simple diagnostic procedure performed in the comfort of your home. While you sleep, the HSAT device monitors your breathing and records pauses in your breathing referred to as apneas. The device also monitors your oxygen level, heart rate and air flow. The information gathered is scored and then interpreted by a board certified sleep physician. These results are then returned to your ordering physician.

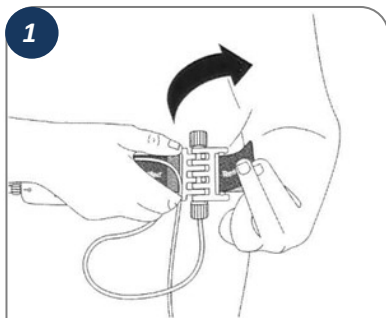
Patient Instructions

Please follow the step by step instructions below to apply and activate the home sleep testing device.

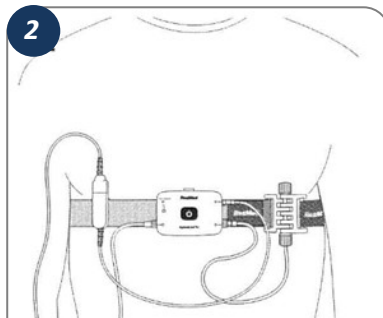
Additional video instruction can be found on our website: [medbridgehealthcare.com/hsat](https://www.medbridgehealthcare.com/hsat)

STOP: Before you can begin the test you must insert the batteries into the device. (Batteries are found in the inner pocket of the gray device case. Please be sure to use a new set of batteries for each night of testing.)

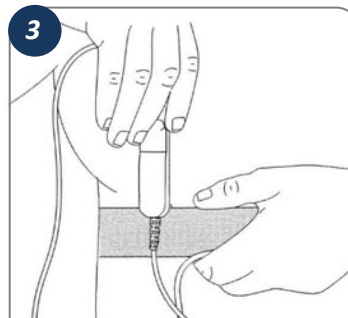
Getting Started- Fitting and Applying the Device



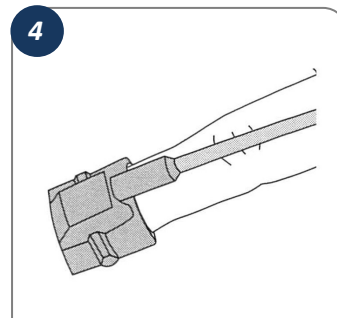
1 Secure the belt around your chest. Check that the belt is secure. The device may be worn above or below the nipple line.



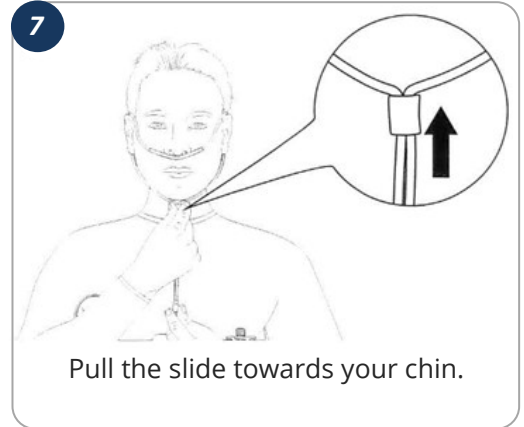
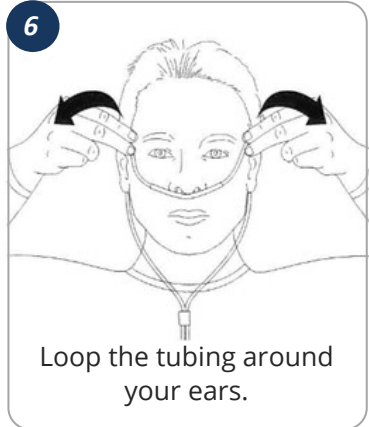
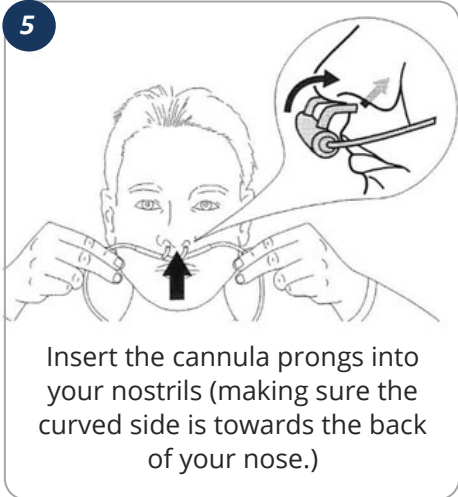
2 Clip the finger probe cable to the belt.



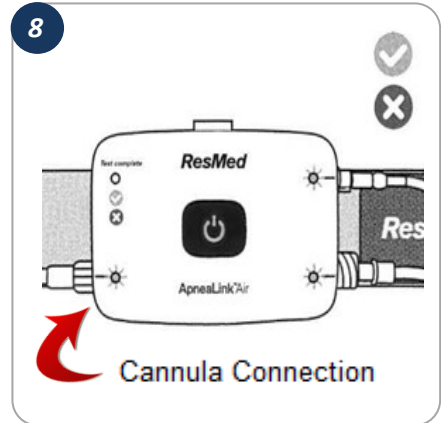
3 Secure the clip to the belt on the same side of the body as the finger probe.



4 Connect the pulse oximeter probe to your finger. The cable should rest on top of your finger and along the back of your hand.

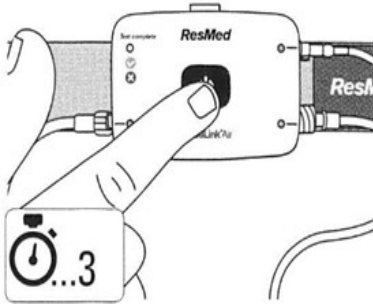


Insert the cannula connection into the device by screwing it into the cannula connection port.



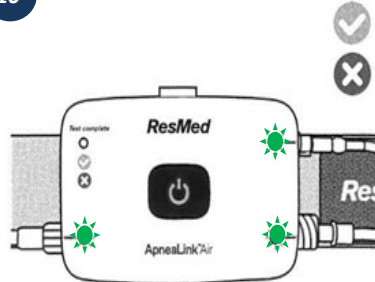
Starting the Test

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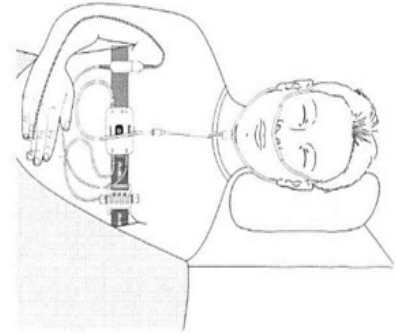
Press and hold the center button (power button) until the button itself turns green. It may take more than 3 seconds.

10



Check that the lights next to the sensors are green.

11



Once you have started the test go to sleep as usual. The lights on the device will dim after 10 minutes.

Sensor lights may flash red while you are awake, moving and/or talking.

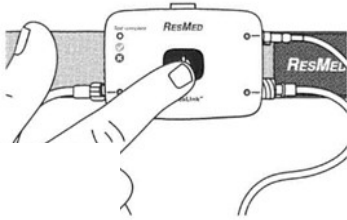
Sensors will change to solid green once movement is reduced.

It is not required to remove the device when getting up during the night, after the test has started.

For assistance with your device, please call the 24 hour support line, 877-249-8331.

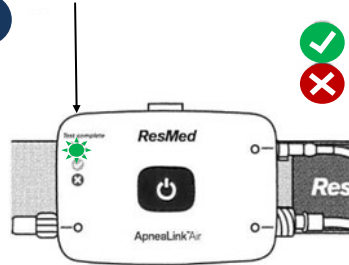
Stopping the Test

12



Press and hold the power button until the sensor lights turn off. Once released the study indicator light comes on.

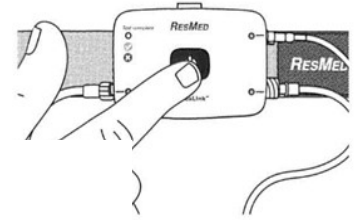
13



✓ = successful study
✗ = insufficient study

Check that the test complete indicator light is green. This means the test is complete. If the test indicator light is red, please call the support line.

14



Press and hold the power button until the light turns off.

**You will need to replace the batteries prior to the 2nd night of testing.
This device should be worn for two consecutive nights, if possible.**

A successful study is considered more than 6 hours of recorded sleep time

For assistance with your device, please call the 24 hour support line, 877-249-8331.
In the event of a medical emergency, please call 911.

Patient representatives are available to assist you at any time with questions and concerns about the successful completion of this home sleep apnea test.

Returning the Device

Please follow the step by step instructions below to return all components and completed paperwork associated with the home sleep testing device.

- 1 After completing the test, ship the device back to us in the packaging provided.
- 2 Place the device and ALL components and completed paperwork into the device case. *You do not need to remove the batteries or unplug any of the components from the device.*
- 3 Place the device case into the enclosed pre-addressed padded envelope.
- 4 Return the device by dropping it at the courier listed on the packaging.

For additional information or help returning your device, please call Customer Service, 855-478-8663.

Clinical support provided by

