

Dear Patient

Your physician has ordered a Home Sleep Test to evaluate your possible sleep disordered breathing and possible condition called Sleep Apnea where you experience pauses in your breathing while you sleep at night.

ADSI will contact you to schedule this test and provide you with the appropriate materials to conduct the Home Sleep Test via USPS or a tech from our company.

What's a Home Sleep Test (HST)?

A Home Sleep Test is an easy to complete diagnostic test that will allow you to be properly tested for Sleep Apnea in the comfort of your own bed.

When sleeping with the HST equipment, it will monitor and record 4 – 7 channels. These include but not limited to your oxygen saturation levels, heart rate and breathing patterns to determine Apnea events.

What to expect?

1. Advanced Diagnostic will contact you to schedule this simple home procedure. If you do not hear from us first, please call us at 352.293.2810 so we can schedule your Home Sleep Test.
2. The HST will come two possible ways, by an ADSI Tech or by way of the USPS in 1 – 3 days. Once you receive the unit, please take it out and call our office if you have any questions prior to sleeping. Test the night you receive the sleep test equipment and complete your normal evening/bedtime routines to ensure a normal night's sleep.

HST Instruction Videos

<http://www.dynamicdiagnostic.com/advancedsleep-patient-info.html>

3. Please fill out and sign the paperwork included with the sleep test and return it the next day. The package, if mailed, includes prepaid postage and can be dropped in any USPS mail receptacle.
4. Once we receive the unit back, our sleep technicians will score the raw sleep data and forward it to one of our board certified sleep physicians for interpretation. The final report will then be sent to your physician who will then discuss this with you on your next visit or by phone.

Scheduling Guide

To make this process smooth and efficient, please have the following items readily available when our office contacts you for scheduling. If your insurance requires an authorization or pre-notification, Advanced Diagnostic will handle and submit any required paperwork on your behalf to get your Home Sleep Test paid by your insurance carrier.

- ✓ **Current Mailing Address**
- ✓ **Insurance Cards (Primary & Secondary)**
- ✓ **Current Height & Weight**
- ✓ **Date of Birth**

**GET READY TO
SLEEP BETTER!**