



Home Sleep Testing

A Convenient, Comfortable and Cost-Effective Alternative

As with all medical diagnostic procedures, Home Sleep Testing (HST) can be performed only by order of a physician. Your physician should first evaluate you for signs and symptoms of sleep apnea. He/she may have you fill out a questionnaire, or ask you a few simple questions such as: "Do you snore?" Or "Are you unusually tired all the time?"



What is Home Sleep Testing?

Home Sleep Testing is a way for you to be evaluated for Obstructive Sleep Apnea from the comfort of your own bed. A couple of simple sensors tell if there are pauses in breathing during sleep. The cost of HST is significantly less than (typically a small fraction) of what a more traditional procedure would cost at a sleep laboratory or clinic.

For a select group of individuals, HST may make more sense. Home Sleep Testing is used only to diagnose Obstructive Sleep Apnea. Individuals meeting the clinical criteria listed below can now choose between having their sleep study in the laboratory or at home.

Home Sleep Testing Benefits

- **Comfort** There's nothing like the comfort of your own bed!
- **Convenience** No need to drive across town, miss work or coordinate an overnight study in a sleep lab with your busy schedule.
- **Cost** Many patients are searching for a more cost-effective solution. HST can cost a fraction of an in-lab study.

FirstHealth

SLEEP DISORDERS

Montgomery Memorial Hospital
520 Allen St., Troy, NC 27371
(910) 571-5600

Moore Regional Hospital
155 Memorial Drive, Pinehurst, NC 28374
(910) 715-3338

Moore Regional Hospital - Richmond
925 Long Drive, Rockingham, NC 28379
(910) 417-3952

Moore Regional Hospital - Hoke
6408 Fayetteville Road, Raeford, NC 28376
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www.firsthealth.org/sleep

