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## **IMPORTANT HOME SLEEP STUDY INFORMATION**

THERE WILL BE A **\$250 FEE** FOR CANCELLATIONS OR CHANGES MADE **≤ 72 HOURS** OF A SCHEDULED SLEEP STUDY THAT IS NOT PAYABLE BY INSURANCE

### **ARRIVAL**

Please arrive at your exact scheduled time. If after clinic hours, press the intercom button to notify a technician of your arrival. They will greet you and bring you into the center.

### **STUDY PROCESS**

- A sleep technician will train you how to wear the device and to turn it on.
- You will take the device home, wear and activate as instructed.
- Enter your bed and sleep as your normally do, with the device on for the entire sleep period.

### **STUDY TERMINATION**

- Once you have woken up for the day, remove the device.
- Bring the device back to the sleep clinic.
- Your data will be scored by a technician within 48 hours of recording.
- A board-certified sleep medicine physician then carefully reviews and interprets the data typically within 10 business days.
- The interpretation is used to guide your treatment plan.

### **CONSIDERATIONS**

- **AVOID** napping on the day of your sleep study.
- **AVOID** caffeine after 12 PM on the day of your sleep study.