

SLEEP STUDIES

Your doctor may refer you for a sleep study to find out if you have sleep apnea.

There are 2 types of sleep studies: **Home sleep tests** and **sleep studies in the lab**.

Home sleep tests are done at home. During this test, you wear a small device that collects information on your breathing and oxygen levels. In most people, this test can tell if you have sleep apnea.

In-lab sleep studies are done at a sleep lab. They provide more detailed information about your sleep and breathing. They are usually done when patients have other medical conditions or other sleep problems.



Patient using home sleep test

Preparing for your sleep study

Home sleep test

When you are contacted about your home test, ask:

- How will I get instructions?
- Will the device be mailed to me, or do I pick it up?
- What do I do on the night of the test?
- Do I do anything differently from my usual sleep routine?
- How do I return the device?
- Whom do I call with questions?

In-lab sleep study

Confirm the date, address, and arrival time. Be sure to be on time, as prep for your sleep study takes time for a proper study.

Ask how to prepare and what to bring to your overnight visit. The most common things are comfortable, loose-fitting clothes to sleep in and the medications that you take before bed or in the morning.

Ask if you will be using PAP (Positive Airway Pressure) during the study. Some people will have a “titration study” where PAP is started during the night.

Ask about safety precautions for COVID-19. Don't hesitate to ask for anything discussed after the study in writing. People can be tired after and may not remember everything.

Resources

American Academy of Sleep Medicine:

[What is a home sleep apnea test?](#)

American Thoracic Society: Sleep Studies:

[In the Sleep Laboratory and in the Home](#)

Before & after your sleep study

Write down any questions you have for your doctor or the sleep testing center, including:

Before your sleep study, ask:

- When will I get my sleep study results?
- Do I need an appointment to get my results?