



Sleep Center

Home Sleep Study Instructions

Our office has an order for you to complete a Portable or Home Sleep Study. Once scheduled, please report to the Fauquier Health Sleep Center at 493 Blackwell Rd, Suite 317, Warrenton, Virginia, 20186.

A Home Sleep Study is a simple procedure to evaluate you for Obstructive Sleep Apnea. Please complete the enclosed questionnaires and bring them to your appointment where a sleep technologist will instruct you on how to wear the device.

Do the Home Sleep Study on the night you receive the device. To give your doctor a true representation of what you experience each night, do what you normally do throughout the day, evening, and bedtime. Apply the monitor, go to bed at your normal bedtime, and try to get at least 6 hours of sleep. The test may be considered inconclusive if you do not get at least 4 hours of sleep. Inconclusive tests are usually followed up by having an overnight sleep test in the sleep lab.

If you need to get up during the night, do not remove the monitor You may remove the finger probe if you need to go to the restroom but be sure to put it back on when you return to bed.

In the morning, remove the monitor place it in the provided box, and return it to the Sleep Center. Your physician should receive the results of your test in a few days.

If at any point during your testing, you have questions, please call the Fauquier Health Sleep Center at **540.316.2662**.

You may also go online and watch a how-to-video. Just go to:
WWW.YOUTUBE.com and type in: Philips Respironics Alice NightOne