



## **ADVANCED SLEEP MEDICINE SERVICES**

### **HOME SLEEP TEST – NEXT STEPS FOR PATIENTS**

Visit our website for more information: [www.sleepdr.com](http://www.sleepdr.com)

Your doctor has ordered a home sleep test for you and sent the order to us at Advanced Sleep Medicine Services. We will contact you in the next few days to explain the process and arrange the test. If for some reason we haven't reached you within one week of your doctor visit, please call us at (877) 775-3377.

You take the test in the comfort of your own home. It's easy and painless! We ship the device to you with a prepaid return label. You take the test overnight and return the device to us. If you'd like to see what the home sleep test is like, check out our website at [www.sleepdr.com](http://www.sleepdr.com). We have a 4-minute patient instruction video under the "for patients" tab.

We'll contact you to arrange the test, by phone, email or text depending on the contact information we have for you. During the scheduling process you will select a date and address for us to ship you the device and complete and sign needed paperwork. We may send you a link by email or text for our online scheduler and you can use the online scheduler to schedule the service and complete the paperwork.

Once you return the device to us, we analyze the data and our physician interprets the data and completes the report. We send the completed report to your doctor. Once your doctor has received the report and reviewed the results, your doctor will contact you to discuss the report and next steps.