



NORTHSIDE HOSPITAL **SLEEP DISORDERS CENTER**

CHOOSING THE RIGHT SLEEP STUDY



Choosing the Right Sleep Study

Sleep studies, also called sleep tests, can be used to diagnose and evaluate sleep-wake disorders. When deciding between an in-lab or in-home sleep test, consider which options may best address your health concerns.

In Lab Sleep Study

People with serious medical conditions or those with major complications from suspected Sleep Apnea should have a monitored, more-detailed polysomnogram (PSG) in the lab. Benefits of in-lab sleep studies include:

- Comprehensive study with greater accuracy and lower margin of error compared to a Home Sleep Apnea Test
- Ability to detect Periodic Limb Movement (PLM) and other sleep disorders
- Ability to immediately detect severe sleep apnea and apply CPAP Therapy
- Brain monitors to indicate sleep staging and heart monitors to detect heart rhythm disturbances
- Accessibility to highly qualified healthcare staff trained in sleep medicine

(continued on back)

In Home Sleep Study

The Home Sleep Apnea Test (HSAT) is a diagnostic tool for identifying Obstructive Sleep Apnea (OSA). While the HSAT may be more convenient and less costly than in lab studies, it is NOT ideal for patients with the following health conditions or concerns:

- Pre-existing conditions and comorbidities:
 - COPD, CHF or other significant cardiac diseases
 - Neuromuscular or neurodegenerative diseases
 - Behavioral conditions that may require assistance and supervision
- People suspected of having multiple sleep disorders
- People suspected of having severe sleep apnea and who may need urgent treatment with CPAP
- Elderly Patients / Patients not able to assemble, operate and/or perform a home test unassisted



ACCREDITED
Facility Member™



NORTHSIDE HOSPITAL

northside.com/sleep

© 2018 Northside Hospital, Inc.

082718