What should I do the day after my HST?

- Detach the device
- Place the device in the Salisbury VAMC Sleep Center drop box, drop off at a UPS location, or arrange for UPS pick up at your home

A sleep specialist will inform you via letter the results of the study as well as any management details if indicated.

*Your sleep technician:*

**Salisbury VAMC Sleep Center**
1601 Brenner Avenue
Salisbury, NC 28144

*Please call with any questions:*
704-638-9000 ext. 12283 or 14090

www.salisbury.va.gov
WHAT IS HOME SLEEP testing?

Home sleep testing (HST) involves sleeping at home while wearing a device that records information about your breathing during sleep. HST is used to assess for obstructive sleep apnea.

What is obstructive sleep apnea?

- Apnea is a word of greek origin that means “suspension of breathing.”
- Obstructive sleep apnea occurs when your throat muscles intermittently relax and block your airway during sleep.
- Potential effects include high blood pressure, heart disease, and stroke.

What should I do the day of my HST?

- Keep your regular routine as much as possible
- Do not nap
- Do not drink caffeinated beverages beyond morning
- Take your scheduled medications
- Attach the device as you were instructed by the sleep technician
- Try to sleep a minimum of 6 hours, and try to sleep some portion of the night on your back