



Cleveland Clinic

Home Sleep Testing Services

What is home sleep testing?

Home sleep testing is a diagnostic test that helps determine whether you have obstructive sleep apnea (OSA) – a potentially serious sleep disorder that occurs when a person’s breathing is interrupted during sleep. The testing is done in the comfort of your home, instead of a sleep laboratory, using a portable sleep monitor.

What is obstructive sleep apnea?

People with untreated sleep apnea stop breathing repeatedly during their sleep, sometimes hundreds of times during the night.

There are two types of sleep apnea: obstructive and central. Obstructive sleep apnea (OSA) is more common and is caused by episodes of complete or partial airway blockage during sleep, usually when the soft tissues in the rear of the throat collapse during sleep. In central sleep apnea (CSA) the airway is not blocked, but the brain fails to signal the muscles to breathe due to instability in the respiratory control center in the central nervous system.

Home sleep testing is a valuable tool for confirming the diagnosis of moderate to severe OSA.

How do I know if it is right for me?

If you suspect you have OSA, talk to your primary care physician or sleep medicine provider about an evaluation to see if you have a high probability of having moderate to severe OSA. Your symptoms and risk factors will be assessed using the following “STOP-BANG” criteria:

- Do you **S**NORE loudly (louder than talking or loud enough to be heard through closed doors)
- Do you often feel **T**IRED, fatigued or sleepy during the daytime?
- Has anyone **O**BERVED you stop breathing during your sleep?
- Do you have or are you being treated for high blood **P**RESSURE?
- Is your **B**ODY mass index more than 35 kg/m²?
Please refer to the BMI chart on back.
- Is your **A**GE over 50 years old?
- Is your **N**ECK circumference more than 40 cm (15.75 inches)?
- Are you of Male **G**ENDER?

Having at least three positive responses to these questions suggest a high risk for OSA. Based on your score, your provider may order home sleep testing to determine whether you indeed have OSA.

continued

Home sleep testing is NOT appropriate as a screening tool for patients without symptoms. It also is not used in those with other existing medical conditions (such as congestive heart failure, moderate to severe cardiac disease, neuromuscular disease, or moderate to severe pulmonary disease). It is not used for patients who have sleep disorders in addition to suspected OSA (such as central sleep apnea, restless legs syndrome, insomnia, circadian rhythm disorders, parasomnias or narcolepsy).

How is it done?

Once home sleep testing has been ordered, you will be scheduled for an appointment with one of our technologists to learn how to operate the device. Our Cleveland Clinic Sleep Disorders Center staff will:

- Document your height, weight and neck circumference
- Provide you with our HST sleep questionnaire
- Show you an educational video
- Demonstrate how to activate the home monitoring equipment for your sleep study

The portable sleep monitor is easy to activate. It includes a recording device, sensors, and belts and is powered by AA batteries. It records information including your airflow, breathing effort, blood oxygen levels and snoring during your sleep. You will have the opportunity to practice applying the device with one of our sleep technologists so you are more comfortable using the equipment on your own.

You will return the monitor the day after your study and the results will be sent to your referring physician within a week.

If you are diagnosed with OSA, your referring physician or sleep medicine provider will work with you to develop a treatment plan, which may include lifestyle modification, a positive airway pressure (PAP) machine to prevent the upper airway from collapsing during sleep, or surgical procedures available to select candidates with excessive or malformed tissue blocking airflow through the nose or throat.

Why choose Cleveland Clinic?

At Cleveland Clinic's Sleep Disorders Center, we offer patients the most advanced diagnostics and treatment options. Our center uses a multidisciplinary approach, bringing together all of the experts you need under one roof, including adult neurologists, pulmonary and critical care medicine specialists, psychologists, psychiatrists, otolaryngologists, internists, family practitioners and pediatric sleep specialists.

Being part of Cleveland Clinic also means you have easy access to any of our other specialists to manage any related conditions. Our neurology and neurosurgery services are top-ranked in the nation by *U.S. News & World Report*, and Cleveland Clinic is consistently ranked as one of the top hospitals in the nation.

Ready to make an appointment?

Call 216.636.5860 or toll-free 866.588.2264 to make an appointment with any of our experts in Cleveland Clinic's Sleep Disorders Center. To speak with a sleep technologist after hours (5 p.m. to 8 a.m.), please call 216.444.8536 or toll-free, 800.223.2273, ext. 48536. For more information, call 216.444.2165 or visit clevelandclinic.org/sleep.

	Weight (in lbs)		Height (in feet + inches)									
	4'10"	5'0"	5'2"	5'4"	5'6"	5'8"	5'10"	6'0"	6'2"	6'4"	6'6"	
110	23	21	20	19	18	17	16	15	14	13	13	
120	25	23	22	21	19	18	17	16	15	15	14	
130	27	25	24	22	21	20	19	18	17	16	15	
140	29	27	26	24	23	21	20	19	18	17	16	
150	31	29	27	26	24	23	22	20	19	18	17	
160	34	31	29	28	26	24	23	22	21	20	19	
170	36	33	31	29	27	26	24	23	22	21	20	
180	38	35	33	31	29	27	26	24	23	22	21	
190	40	37	35	33	31	29	27	26	24	23	22	
200	42	39	37	34	32	30	29	27	26	24	23	
210	44	41	38	36	34	32	30	28	27	26	24	
220	46	43	40	38	36	34	32	30	28	27	25	
230	48	45	42	40	37	35	33	31	30	28	27	
240	50	47	44	41	39	37	35	33	31	29	28	
250	52	49	46	43	40	38	36	34	32	30	29	

BMI

Body Mass Index

- Underweight
- Healthy weight
- Overweight
- Obese