



Home Sleep Apnea Testing Frequently Asked Questions (FAQs)

Who Is PMA?

Incorporated in 1973, Pulmonary Medicine Associates is dedicated to excellence in sleep medicine care. We work closely with your healthcare provider to ensure continuous and successful management of your sleep health.

What is Home Sleep Apnea Testing?

Home sleep apnea testing provides a board certified sleep medicine physician with the information he or she needs to diagnose obstructive sleep apnea. It allows you to sleep at home wearing equipment that collects information about how you breathe during sleep. It's a non-invasive diagnostic test that measures and records breathing interruptions.

If left untreated, sleep apnea can disrupt your quality of sleep and may cause daytime sleepiness and fatigue. Sleep Apnea may also contribute to high blood pressure, depression, stroke, heart failure and heart attack.

Who is a candidate for Home Sleep Apnea Testing?

Relatively healthy adult patients 18 years and above whom have a high expectation of sleep apnea.

You should NOT have a Home Sleep Apnea Test if:

- You **do not** have a high risk of obstructive sleep apnea
- Your physician suspects you may have another sleep disorder
- You have certain medical conditions including pulmonary diseases, neuromuscular diseases or congestive heart failure

What to Expect:

You will be contacted by one of PMA's sleep coordinators who will verify insurance, explain benefits, discuss the testing procedure and arrange for in office pick-up.

The home sleep apnea test kit includes: step by step visual instructions, URL link to the instructional video, sleep questionnaire (pre and post), patient authorization form, pre-paid postage and packaging materials for return shipment (if shipping to your home).

All patients will have telephone access to licensed sleep technologist 24 hours a day if any questions arise.

Once you have completed your test and returned the device, the data will be reviewed and processed by one of our Board Certified Sleep Physicians. The results will be sent to your ordering physician for review and follow up treatment.

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