

Home Sleep Test (HST)

Tests your breathing and movements while you sleep.

You'll come to the hospital for instructions and to pick up the device which you'll return the next day.

where?

Schneck Medical Center
Outpatient Care Center
411 W. Tipton Street
Seymour, IN 47272

Park in the lot off of Brown Street and enter through the MAIN ENTRANCE ★



when you get here...

- There is a shuttle if you need assistance to the door - call 812-523-7447
- We have you registered, so you will not need to register when you arrive.
- Please come to the MAIN ENTRANCE near the Emergency Room and tell a greeter you are here. If no one is there, go to Registration desk and have them call Respiratory Therapy.
- IF AFTER NORMAL BUSINESS HOURS: Enter the Emergency Room entrance and walk down toward the Main Lobby. You will see a SLEEP phone on the desk. Follow the instructions listed there to reach Respiratory & Sleep Services.
- Someone will come to the main lobby to get you.

how to prepare for the HST?

PICK UP AND INSTRUCTIONS APPOINTMENT WILL TAKE 30-45 MINUTES. THE TEST WILL BE DONE AT HOME, OVERNIGHT WITH THE DEVICE YOU TAKE HOME.

The day of your test (before wearing the device overnight)

- Do not take any naps
- Do not use caffeine, or very little, absolutely none 6-8 hours before testing
- Do not have any alcohol
- Take all medications as usual
- You may eat meals and snacks as normal, there are no restrictions except the ones listed above.

When you wake up after sleeping for at least 6 hours:

- Follow the instructions as given to you for turning off the device
- Do not throw away any parts of the device
- Return the device by 9am (the earlier the better - the hospital is open 24/7)

Call 812-522-0401 with any questions or issues with these instructions.

*Thank you for choosing Schneck
to provide your testing and care!*



SCHNECK
RESPIRATORY & SLEEP SERVICES