

Home Sleep Apnea Test (HSAT) is an overnight test done at home used to solely diagnose Obstructive Sleep Apnea (OSA). Often, OSA is suspected because of the following symptoms: sleepiness or fatigue during the day, snoring, gasping, periods of breath-holding, restless or non-refreshing sleep.

During your scheduled appointment, you will pick up the HSAT device and be instructed on use. You will wear the device the night it is picked up. The device must be returned by 1000 the next morning to the hospital.