





# HOME SLEEP APNEA TEST (HST) QUICK GUIDE

## Bring This

- ID & insurance
- Medication list
- Smartphone (charged)
- HST kit (device, belt, finger clip, charger)
- Fresh batteries if applicable; tape if provided
- Comfortable sleepwear

## Before Tonight

-  Avoid naps
-  Limit caffeine after noon; no alcohol
-  Clean/dry face; no lotions on sensor sites
-  Charge phone

## Morning & Return

- Press Stop; remove sensors
- Discard nasal cannula; keep belt/oximeter
- Pack device, belt, oximeter, charger, and forms/log
- Return next business day by 10:00 a.m. to:
- Pulmonary Consultants P.C.
- 6750 E Baywood Ave, Suite #401, Mesa, AZ 85206
- Running late or questions: (480) 835-7111

## Setup Steps

- 1 Chest belt snug at mid-chest
- 2 Nasal cannula under nose; secure
- 3 Finger oximeter on index finger
- 4 Press Start; confirm light/indicator is steady
- 5 Sleep normally

## Troubleshooting

- Sensor came off: Reattach firmly; press Start again
- Flashing red / beeping: Check connections and belt; restart if needed
- Bathroom break: Press Pause; press Start again when back in bed
- Nose irritation: Re-seat cannula; use a small tape piece if supplied

## Help & Access

- How-to video/forms: Scan code or check your Patient Portal
- Interpreter available
- Wheelchair access
- If you become ill or need to reschedule, call us
- Emergency? Call 911.
- All times Phoenix (no DST).

**Updated: Oct 2025**