Patient Instructions for Home Sleep Testing

What is a Home Sleep Apnea Test?
When you sleep, your muscles relax, including the throat and chest muscles that help you breathe. With sleep apnea, there is relaxation of the throat muscles combined with a narrowed airway that interrupts an individual's breathing. At home sleep apnea testing is a diagnostic test to figure out whether you're having trouble breathing while sleeping and help diagnose sleep apnea. A home sleep apnea test is a very simplified breathing monitor that tracks your breathing, oxygen levels, and breathing effort.

Reasons a Patient is Often Referred for a Sleep Test:

- Loud snoring
- Excessive daytime sleepiness
- Morning headaches
- Nighttime choking and gasping
- Witnessed apnea
- Depression and memory loss

Need to Know
Your physician has referred you for diagnostic sleep testing. Peak Sleep Clinic will schedule an appointment at a time and location that is convenient for you. This is a painless, single-night screening that is performed in the comfort of your own home. During your appointment a portable sleep study device will be provided to you at **no charge**. You will be guided through direction and usage in our Peak Sleep Clinic by a trained Sleep Respiratory Therapist/Sleep Tech. Your appointment will last approximately 30 minutes. Following your overnight sleep study, the sleep device must be returned back to the clinic the following morning **before 10 AM** for the data to be downloaded and analyzed. Results will be sent to your referring physician and you will be contacted by Peak Sleep Clinic to review your sleep study results and available care options.

Note: A credit card must be provided at the time of the appointment in case if the sleep study device is returned in damaged condition or late or failure to return. The sleep study device will not be issued without a credit card.

- Please arrive at least 10 minutes before your appointment time in order to fill out a medical questionnaire and consent form; no further preparation is required.
- If you have been provided a requisition/referral form from your doctor, please bring it to your appointment.
- The sleep device must be returned to a Peak Sleep Clinic the following morning **before 10 AM**.

Appointment Date/Time:	Location:

If you are unable to keep your appointment, please call our office at (403) 265-8149 as soon as possible. Peak requires at least 48 hours cancellation notice or changes to your appointment. There is no charge to you, the patient, for this test.

Peak Crowfoot NW
#3, 400 Crowfoot Cres. NW
Calgary, AB, T3G 5H7
**Located on the main level of the Crowfoot Business Centre.*

Peak Airways NE
#7, 2020 35th Ave NE
Calgary, AB, T2E 6W4
**Located in the Airways Industrial Park, just off 19th Street & 35th Ave NE.*

Peak Shawnessy SE
#100, Shawville Blvd SE
Calgary, AB, T2Y 2Z7
**Located within the Pinnacle Medical Centre inside Coop Shawnessy Grocery Store*

Peak Lincoln Park SW
#103, 49 Richard Way SW
Calgary, AB, T3E 7M8
**Located just off Glenmore Trail, east of Richard Road across from Tim Horton's*

Peak Strathmore
120 Edgefield Place
Strathmore, AB, T1P 0E8
**Located within the Pinnacle Medical Centre next to Coop Strathmore Grocery Store*

Peak Okotoks
#1031, 200 Southridge Dr.
Okotoks, AB, T1S 0B2
**Located within the Pinnacle Medical Centre off Westmount Road*

Peak Allendale (Edmonton)
#208, 10430 61st Ave NW
Edmonton, AB, T6H 2J3
**Located inside the Allendale Professional Building on the 2nd floor*

Peak Red Deer
#200, 5440 45th Street
Red Deer, AB, T4N 1L1
**Located near the South entrance of the Cronquist Business Park*

www.peaksleepclinic.com info@peakmedicalgroup.ca
For location maps and directions please visit our website: www.PeakSleepClinic.com