

# Home Sleep Testing Step by Step Guide

**Step 1:** Have the patient complete a sleep screening form, such as the STOP-BANG questionnaire or the Epworth (both available at [www.Virtuox.net](http://www.Virtuox.net)).

**Step 2:** Conduct a physical exam which includes calculating the patient's BMI and measuring neck circumference.

**Step 3:** Examine the upper airway for soft tissue abnormalities (i.e. enlarged tonsils) or nasal obstruction, which may mean a higher probability of OSA.

**Step 4:** Evaluate the patient's cardiopulmonary status to rule out exclusionary co-morbid conditions such as CHF or COPD.

**Step 5:** Document findings on a VirtuOx Home Sleep Test order form and fax to 866-215-7347.

**Step 6:** Test results will be interpreted by a boarded sleep physician and faxed to you upon completion. Review report findings.

**Step 7:** Coordinate CPAP treatment with patient and your preferred DME provider.



**FAST** - Patients can be tested and diagnosed in a fraction of the time it takes at a sleep lab.

**CONVENIENT** - Patients prefer the convenience and comfort of sleeping in their own bed.

**AFFORDABLE** - The cost of a HST is less than \$300, compared to an in-lab test of up to \$2,500.

877-337-7111

