

# Genesis Sleep Disorders Center

## Home Sleep Apnea Test Instructions

Thank you for choosing the Genesis Sleep Disorders Center for your Home Sleep Apnea Test. We are committed to making your experience a positive one. We also want to make sure your sleep study provides accurate results to you and your doctor.

Please follow these instructions to ensure your sleep study is successful.

### Arrival

- Arrive at the Sleep Disorders Center.
- If you can't arrive by your scheduled appointment time, call the Sleep Disorders Center directly at (740) 454-4725 to make other arrangements.
- **If you haven't arrived within 10 minutes after your scheduled appointment time, and you haven't contacted us to make other arrangements, you will be considered a no-show. .**
- ***Please contact us at least 24 hours in advance of your appointment if you are unable to keep your appointment.***
- **When you arrive to the building:**
  - **Push the automatic door opener button for access to the first door.**
  - **When you've entered the building, you will push the doorbell beside the wooden door for staff to open the door to let you into the waiting area.**
  - **Please report to the Check-in desk.**

### What to Expect

- The patient will need to be educated directly by staff about the home sleep testing equipment.
  - You will receive a handout with information about your testing and return of the equipment during your education.
- The home sleep testing equipment will be worn the night of the appointment and returned on the next business day between 7AM and 3PM.
- Please contact us at 740-454-4725 with any questions or special needs.

### What NOT to Do Day of Study

- Don't drink caffeinated beverages after 2 p.m. the day of your study.
- Don't drink alcohol the day of the study.
- Don't take naps the day of the study.

### What TO Do Day of Study

- A regular daily activity level should be maintained the day of the study.
- Eat your regular daily meals the day of the test.

### Returning the Equipment:

- Arrive at the Sleep Disorders Center between 7:00 a.m. and 3:00 p.m. the following business day, entering the building the same way as above. Then drop off the equipment at the Check-in desk.

### Questions?

If you have any questions regarding your sleep study, please call the Genesis Sleep Disorders Center at (740) 454-4725. Our daytime hours of operation are 7:00 a.m. to 3:30 p.m., Monday through Friday.

## Where to Find Us

We are located near Genesis Hospital. See the circle on the map below.



**Genesis Sleep Disorders Center**  
**840 Bethesda Drive, Building 3, Unit 1**  
**Zanesville, Ohio**  
**(740) 454-4725**

