Diagnostic Sleep Testing for Obstructive Sleep Apnea (OSA)

In-lab Polysomnogram (PSG) vs. Home Sleep Apnea Testing (HSAT)

PSG Channels
- EEG
  - Asleep or awake
  - Sleep staging
  - Seizure activity
- EKG
  - Cardiac arrhythmia
- LEMG
  - Leg movements
    - RLS (Restless Leg Syndrome)
    - PLMD (Periodic Limb Movement Disorder)
- Flow sensors
- Chest belts
- Snore sensor
- Body position sensor
- Oximetry

HSAT Channel
- Flow sensors
- Chest belts
- Snore sensor
- Body position sensor
- Oximetry

HSAT can only diagnose OSA and has (approximately) a 20% false negative rate.

Patients come to the lab to pick up the equipment and received instructions on how to apply the sensors and use the device at home.

HSAT is an unattended study.

HSAT equipment can be drop shipped when appropriate.

PSG diagnoses OSA as well as other sleep-related breathing disorders and allows detection of seizure activity, cardiac arrhythmias, and PLMD.

PSG is a technologist supervised exam.

Co-morbid Conditions/Contraindications to HSAT (Directed by Insurance)
- Pulmonary hypertension
- Class III or IV CHF
- Suspected nocturnal seizures
- Suspected narcolepsy
- Suspected REM Behavior Disorder
- Stage III or IV COPD
- Significant persistent cardiac arrhythmia
- Neuromuscular weakness impairing respiratory function
- Physical disability preventing patient from applying the sensors
- History of recent stroke or MI
- BMI >45
- Pediatric Patients (<18 years old)

The ideal HSAT candidate has none of the above listed co-morbidities and is mentally and physically capable of applying the home testing device.

St. Joseph's Sleep Lab clinical personnel perform/facilitate all PSGs and HSATs.

Some insurance companies require a Sleep Consult with a board certified sleep physician prior to testing. The Sleep Lab will forward information to our ABSM certified physicians for review and scheduling.

Turn-around time is approximately 2 weeks, Diagnostic Reports are sent directly to the referring doctor.

Most insurance companies allow patients with a high pre-test probability for OSA with a negative HSAT to receive an in-lab PSG with appropriate documentation.