



Center for Sleep Medicine
 425 East 61st Street, 5th floor
 New York, NY 10065
weill.cornell.edu/sleepcenter
 646.962.7378 (REST)
 646.962.0455 (fax)

HST Appt Date: ___/___/___ Time ___:___PM
 Follow-up Date: ___/___/___ Time ___:___AM/PM
 Patient name: _____
 Scheduled by: _____

HOME SLEEP STUDY - PATIENT INSTRUCTIONS

Please read and understand the following information prior to your scheduled appointment.

IMPORTANT:

PATIENTS ARE REQUIRED TO PAY ALL COPAYS AT THE TIME OF SERVICE. PAYMENTS CAN BE MADE IN CASH, CHECKS, MONEY ORDERS, OR BY CREDIT CARD.
IF FOR ANY REASON YOU CANNOT KEEP THIS APPOINTMENT KINDLY GIVE THE OFFICE A CALL 48 HOURS BEFORE YOUR SCHEDULED APPOINTMENT DATE.
IT IS THE PATIENT'S RESPONSIBILITY TO INFORM THE OFFICE OF ANY INSURANCE CHANGES. FAILURE TO DO SO MAY RESULT IN COSTLY MEDICAL BILLS.
PATIENTS ARE RESPONSIBLE FOR RETURNING THE DEVICE TO THE CENTER ON THE NEXT BUSINESS DAY.
PLEASE BE PREPARED TO WAIT FOR 10 MINUTES AFTER RETURNING THE UNIT WHILE WE ENSURE THE DATA WAS ADEQUATELY CAPTURED

UNDERSTANDING A HOME SLEEP STUDY

A home sleep test (HST) is an overnight study that is done at the patient's home for the diagnosis of sleep apnea. It doesn't monitor brain activity or sleep state. During your upcoming visit, you will be given a monitoring device to

Directions by car (parking is available in the immediate area at various garage locations):

From the FDR-South take exit 12 at 63rd Street - turn left onto York Ave - make a right onto 61st Street
 From the FDR-North take exit 12 at 61st Street – cross York Ave - 425 East 61st Street is on the RIGHT

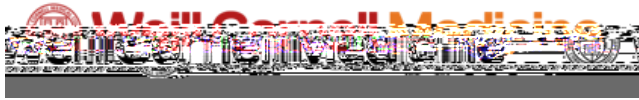
Directions by subway:

Take the 4/5/6 train to the 59th Street/Lexington Station. Walk four blocks east toward York Ave.

Directions by bus:

Take the M31 to 61st Street. Via 1st Avenue, then M15 to 61st Street. Walk one block east to York Ave.





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