



Home Sleep Study Appointment

- You will pick up your home sleep study unit at the UK St. Claire Sleep Center, located at 1028 East Main St. Morehead, KY 40351.
- When you arrive, please stay in your vehicle and call the phone number on the Sleep Center door. We will check you in and verify your information over the phone. Please remember to bring your ID and insurance card(s) in case they are needed. You will then be asked to come into the lobby and have a seat.
- A staff member will bring you into a private room and you'll be given instructions on the application of the three sensors. This takes approximately 5 minutes. You will also be given a written instruction sheet. If you are unable to come to the Sleep Center yourself, someone can pick up the unit and receive instructions for you (if we are given verbal permission from you for them to do so).
- You will take home the sleep study unit and apply the sensors when you go to bed that night. Keep your normal sleep routine; take your usual medications and keep your usual sleep times. We want your test to represent as much of your usual night's sleep as possible.
- When you wake up the next morning, remove the sensors, place them in the case, and return the sleep study unit to the Sleep Center.
- The home sleep study unit can be dropped off the next business day back at the UK St. Claire Sleep Center. If you are unable to drop the unit off yourself, someone can do it for you.
- The data from the home sleep study unit will be downloaded and the results interpreted by the Sleep Medicine specialist. The results will be placed in your record to be reviewed during your follow-up visit with the ordering provider.
- If you have any questions, please call 606-783-6866 and select option 2.