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## PATIENT INSTRUCTIONS / CHECKLIST FOR THE HOME SLEEP TEST

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Dear valued patient,

Enclosed with this letter are a number of things you will need to complete and return to us in order to achieve a successful home sleep test. We have done everything possible to ensure the process is simple and straight forward but we welcome your input if you have some suggestions that would improve it.

Please check each item off below as it is completed. Your results cannot be released to your physician until we have it completed and returned to us.. Should you have any questions about this testing process, please contact AAA Medical Solutions at **1-866-710-5779** or visit **www.idtf.com** and follow the Home Sleep Test Patient Information link.

### STEP 1

**COMPLETE THE TEST:** Along with this letter , there will be an instruction sheet for the device. This will instruct you how to set yourself up on the device and operate it properly. You should keep the test kit and repeat the same procedures for 2 nights. If you need assistance with setting up the device, call the 24 hr. technical support line on the instruction sheet.

### STEP 2

**COMPLETE THE QUESTIONNAIRE:** Along with this letter is a sheet titled **"HOME SLEEP TEST - POST SLEEP QUESTIONNAIRE"**. This form is to aid our physicians in the interpretation of the data collected on the device.

### STEP 3

**COMPLETE THE INSURANCE PAPERWORK:** Along with this letter is a sheet titled **"PATIENT INSURANCE INFORMATION AND MEDICAL RECORDS RELEASE"**. Although you may have already provided this information to us, please fill it out entirely again as a double measure of accuracy. We cannot process the results until we have verified payment. We also cannot release the results to anyone without your signature on the bottom of the form.

### STEP 4

**DISCONNECT AND THROW AWAY THE NASAL CANNULA:** The nasal cannula is the clear tubular sensor that you wore during the test. For sanitary reasons, it must be thrown away.

### STEP 5

**RETURN THE PAPERWORK AND THE DEVICE:** A self-addressed, pre-paid box has been provided to make this easy . Simply put everything back in the prepaid envelope when done testing, and put in your out going mail.

### STEP 6

**DISCUSS THE RESULTS WITH YOUR PHYSICIAN:** Depending on your proximity to our office, please allow 4-6 days for the device to be returned to us and to be processed. Once we've processed the results, they will be faxed to your physician. Your physician should then schedule a follow-up visit with you to discuss whether or not treatment is necessary and what those treatment options are. Please call us at 1-866-710-5779 ext. 210 if you would like a copy of your report.

We thank you for your business and sincerely hope that your quality of sleep is greatly improved in the near future.

Sincerely,

The Staff and Management of AAA Medical Solutions, Inc.