



Center for Sleep Medicine  
 425 East 61<sup>st</sup> Street, 5<sup>th</sup> floor  
 New York, NY 10065  
[weill.cornell.edu/sleepcenter](http://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):

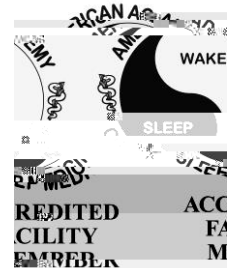
From the FDR-South take exit 12 at 63<sup>rd</sup> Street - turn left onto York Ave - make a right onto 61<sup>st</sup> Street  
 From the FDR-North take exit 12 at 61<sup>st</sup> Street – cross York Ave - 425 East 61st Street is on the RIGHT

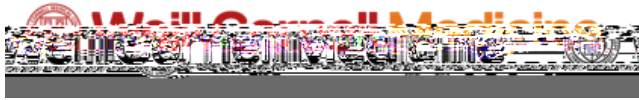
### Directions by subway:

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 61<sup>st</sup> Street. Via 1<sup>st</sup> Avenue, then M15 to 61<sup>st</sup> Street. Walk one block east to York Ave.





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