

Home Sleep Test

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Home sleep testing occurs when you sleep at home wearing equipment that collects information about breathing during sleep. It is used to diagnose obstructive sleep apnea.

What is obstructive sleep apnea?

Obstructive Sleep Apnea, or OSA, occurs when the muscles of the throat relax and the airway collapses during sleep. Air cannot get into the lungs and the level of oxygen in the blood goes down.

Signs of obstructive sleep apnea include:

- Choking or gasping during sleep
- Daytime sleepiness or tiredness, even after a full night sleep
- Loud or frequent snoring

Risks of untreated obstructive sleep apnea include:

- Poor concentration
- High blood pressure
- Depression
- Car crashes

What is the study measuring?

- Heart rate
- Oxygen levels
- Breathing



*Our goal is to provide you with exceptional service so if we aren't meeting this, please let us know. Thank you for choosing the sleep centers of Froedtert & The Medical College of Wisconsin.
262-253-6060*