



HOME SLEEP “STUDY GUIDE”

A patient's and physician's guide through the Home Sleep Testing process.

Dear valued patient,

If you've ever wondered if you might have a disorder that effects your quality of sleep and consequently your quality of life, then we'd like to congratulate you in taking the first step in doing something about it. Sleep apnea occurs when a patient stops breathing during sleep. It is a dangerous condition at the root of multiple disorders ranging from the mildly disruptive, like drowsiness, to catastrophic events like heart failure.

Your physician will be or may already have conducted the face-to-face evaluation accompanying this letter to first determine if you have the symptoms that indicate the likelihood that you have sleep apnea therefore necessitating a test to confirm it. Please keep and refer to this information sheet for instructions to complete your Home Sleep Test.

Please review the following instructions to schedule your Home Sleep Test. Should you have any questions about this testing process, please contact AAA Medical Solutions at **1-866-710-5779** or **www.idtf.com** and follow the Home Sleep Test Patient Information link.

Step 1: Complete the history and physical evaluation form attached to this document with your physician. Your physician's staff will then fax it to us to begin processing.

Step 2: A representative from AAA will contact you within 24-48 hours to verify your insurance, discuss the test procedure, and schedule your test date. If you have not heard from our office within this time period, feel free to contact our patient scheduling department at **1-866-710-5779**.

Step 3: AAA will then mail the test kit, complete with easy-to-follow instructions, an instructional DVD, test equipment, necessary paperwork and packaging to return the equipment. You should expect to receive the complete test kit within 2-3 days.

Step 4: Upon receiving your test kit you will be ready to start your Home Sleep Test. You should begin your Home Sleep Test the first night after receiving the test kit. If after the first night, you are not confident you got at least 2 hours of uninterrupted sleep, you should keep the test kit and repeat the same procedures a second night.

Step 5: Once you are done with the test, place the equipment back in the prepaid return package with the signed "Insurance and Medical Release" form and put in your normal outgoing mail box.

Step 6: Once AAA receives the test kit back, your Home Sleep Test results will be processed and reviewed by a board-certified Sleep Physician. We will send your results to your doctor, who will discuss it with you in a subsequent visit.

We look forward to speaking with you soon.

Sincerely,

The staff and management of AAA Medical Solutions, Inc.

AAA Medical Solutions, Inc.
412 S. King Ave., Ste 100 Middleton, ID 83644
Phone: 1-866-710-5779 Fax: (208) 577-2893