



Dr. Brian Rotenberg

SINUS AND EUSTACHIAN TUBE SURGERY

Consent for Home Sleep Study

A home sleep study (also called a “Level 3 Sleep Study”) is a portable home sleep testing device which allows sleep evaluation to be done in the comfort of your own home, an environment that reflects the pattern of your sleep habits. For patients who are waiting for a lab sleep study polysomnography (PSG) but can't be tested due to sleep center backlog, or unable to spend the night away from home in a sleep center, or who wish an alternative to a sleep lab PSG, a home sleep study offers a safe and effective solution.

This device is approved by Health Canada and provides results that are comparable to a PSG. The primary goal of the test is to assess snoring severity and whether sleep apnea is present or not. The results of this test will be interpreted by a physician and/or allied health professionals with expertise in sleep disorders who will report back to your doctor. You may still need a full PSG study to determine a diagnosis if the home sleep study results are unclear, or to proceed with certain kinds of therapy. You may need a formal consultation with a sleep physician or surgeon as well. The home sleep study does not by itself constitute a physician consultation.

A home sleep study is limited in scope to test for sleep apnea and snoring, and is not the correct test for diagnosing other, less common forms of sleep disordered breathing other than sleep apnea.

Your Consent

By signing below, you acknowledge that:

- You have read and understand the information provided in this consent form and had a chance to ask questions about the test.
- You understand this test is not covered under OHIP, that the fee was disclosed to you, and that you have the option to decline and be referred instead to a facility that does PSG testing under OHIP.

Name and Signature

Date