



5 Steps to Scheduling a Sleep Study

1. **Take a Quiz:** [Take a quick sleepiness quiz.](#) This will help your doc and may also help with insurance coverage.
 2. **Talk to Your Bed Partner:** You may not realize that you snore or gasp for air during the night- ask your bed partner!
 3. **Schedule an appointment with your doctor:** Schedule a visit with your primary care doctor or specialist. Bring a list of your symptoms, the results of your quiz from #1 above and the feedback from your bed partner.
 4. **Talk to Your Doctor:** Explain your symptoms, quiz results and your concerns. Depending on your insurance, you may need a referral or authorization.
 5. **Contact the Sleep Center and Book Your Study:** Don't wait! Once your doctor gives you a referral or you receive authorization from your insurance company, make the call. Many centers conduct sleep studies 7 nights a week or offer [in-home tests](#) for those who qualify.
- ✓ **Get the Results.** Results typically take around 2 weeks and will be sent to your doctor. Ask to receive a copy yourself.

Getting a great night's sleep may be easier than you think.
Take action to improve your health today!