



Timothy Thomason, M.D.
Costance Zhou, M.D.
Otolaryngology—Head & Neck Surgery

Metroplex ENT & Allergy
(972)253-4280

HOME SLEEP STUDIES

We are pleased to provide home sleep studies for convenient, affordable, and accurate diagnosis of sleep apnea. Our Watch-PAT devices fit easily on the wrist with a sensor on one finger and a microphone sensor on the chest. You will check out the device from our office in the afternoon and take it home and use it that night. You will have a follow-up appointment the next day with one of our doctors to discuss the results.



We will first obtain any required authorizations from your insurance company and then notify you about any out-of-pocket costs. Then you will make an appointment to pick up the device from our office. You will be given instructions on how to put the device on and how to turn it on.

We use home sleep studies for an initial diagnosis for patients who are at risk for sleep apnea. We also use the studies to measure the response to treatment.