



Appointment Date: _____ Time: _____

YOUR SCHEDULED SLEEP STUDY

Esteemed Sleep Patient,

You have been scheduled for an overnight sleep study at our state of the art sleep center located on the lower level of this building. The sleep center will now work with your insurance company to obtain authorization for your sleep study. You will only receive a phone call from the sleep center if your insurance denies or requests alternate testing. Otherwise, please read over the following guidelines regarding what to expect on the night of your sleep study...

- Please arrive at your scheduled appointment time. **Do not report early.**
- Arrive clean-showered and with no sprays, lotions, gels, or creams on your hair or skin. You will have a variety of sensors placed on your head, face, and body. Hair and skin products will affect the applicability and signal quality of these sensors.
- You will have your own private bedroom with a queen size bed and a bathroom located right outside your bedroom door.
- Bring something comfortable to sleep in. Shorts and a t-shirt or two-piece pajamas work fine as we will need access to your legs. Nightgowns are not appropriate. While you have the option to remain in your bedroom for the duration of your stay, we do have a shared patient lounge stocked with snacks and refreshments where you may watch television until the technologists are ready for you. We also have wifi available.
- Bring along any necessary toiletries.
- Bring along any medications that you would normally take at bedtime and upon awakening.
- We do have a shower room if you require a shower before you leave.
- All our patients are normally in bed by 11pm, and wake times start around 5am. The minimum recording time for a sleep study is 6 hours.
- All cell phones and electronic devices must be silenced and put away at bedtime.
- Once completed, your sleep study will be scored by a technologist and interpreted by one of our sleep physicians. A second sleep study may be recommended prior to your follow-up visit with your provider. If this is the case, you will receive a call from the sleep center to schedule that second sleep study.
- **If you require any special assistance getting around (use a wheelchair, scooter, or walker), are using oxygen, have any special requests, important notifications, or any questions, please call the sleep center immediately at the number at the top of this page.**