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**www.ENTandSLEEP.com**  
Office: 618-628-0715  
Fax: 1-888-371-4468

## **SLEEP STUDIES – PATIENT INSTRUCTIONS**

### **Prior to the sleep study**

- Please arrive on time for your appointment. Unfortunately, if you are late your study might need to be rescheduled.
- Avoid caffeine or stimulants for 12 hours before your scheduled time of arrival at the Sleep Center, unless prescribed by the doctor.
- Maintain your normal sleep schedule until your test date. Please refrain from napping on the day of your study.
- Make sure your skin and hair are clean. Please do not use any hair products or lotions on the night of the study.

### **What to bring to the sleep center**

- Completed questionnaire, your medication list, any doctors' orders, prescriptions or referral forms that your doctor has given to you. Present them to the technologist upon arrival.
- Your insurance card(s) and driver's license or ID.
- You might bring your own pillow and comforter if that makes you more comfortable. Bedclothes are necessary. Please wear something comfortable such as gym shorts, loose lounge pants and a t-shirt or pajamas.
- Any personal toiletries and a change of clothes for after the study.
- Any medications, both prescription and over the counter that you usually take prior bedtime. Technologists are unable to dispense any medications.
- Reading material if you typically read before bedtime.
- If you require a snack before bedtime, plan to bring one with you. Do not bring dinner since you must be ready to begin testing when you arrive.
- Please do not bring any valuables with you to the Sleep Center.

### **What else should I know?**

- For a nighttime study, sleep is monitored until approximately 5:00 or 5:30 a.m. the following morning. You will be ready to leave the Sleep Center no later than 6:00 or 6:30 a.m.
- The Sleep Centers are smoke-free facilities. Smoking will not be permitted at anytime during your stay.

### **Canceling a sleep study**

If you need to cancel your scheduled sleep study, you must give the Sleep Center a 72-hour notice. To reschedule your study call 618-939-4368.



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### Frequently asked questions:

#### **Am I sleeping in a room by myself?**

Yes. You do have your own private room that is set - up like a hotel room. There is a private bathroom and shower. The room also have a television.

#### **What time will I be leaving in the morning?**

The sleep lab closes at 6 am so you will be out no later than 6 am.

#### **Is there anyway that I can stay latter than 6 am?**

Unfortunately, no everyone including the staff must be out at the 6 am close unless there are special circumstances and the arrangements must be made in advance.

#### **Can my husband/wife stay the night with me?**

Significant others are not allowed to sleep overnight in the patient room. Please remember this is a test and other's disruption in the room can wake the patient and compromise the accuracy of the test. We will make other arrangements for the patient if due to medical reasons a partner must be available on site.

#### **Will I be hooked up with wires during the sleep study?**

Yes, but it is non-invasive. The sleep technician needs to monitor your heart rate, limb movements, eye movements, air flow, breathing effort, chin muscle tone and brain activity. This is how the data is collected for the physician to review and interpret your sleep study.

#### **How can I sleep with all of the sensors?**

Most people sleep reasonably well. We need to obtain a sample of your sleep pattern. The application of the body sensors and electrodes allows you to change positions in your sleep.

#### **Will the sensors hurt?**

No. This is a painless and non-invasive testing procedure. Paste is applied to your skin and scalp to keep the electrodes in place, but it is easily removed with soap and warm water.

#### **Am I going to be video taped during the study?**

Yes. However, it is only a small box on the computer screen. Your technician that night needs to monitor your study and make sure the data is being collected correctly watching different positions the patient is in while sleeping.

#### **Can I sleep without pajamas on?**

No. If you do not bring in your two piece sleep wear you will be given a hospital gown to wear during the test.

#### **What time will the technician wake me up?**

After the technician gathers all of the information needed, around (6 hours of readings), you than will be woken up between the hours of 4:30 am-5:30am you will than be released to go home.

#### **What if I need to get up to go to the bathroom?**

Since you will be monitored during your testing you can call out to your technician. The technician will come into your room and assist you with the process to make it easier. You need to wait for the tech to help with the wires.

#### **Can I bring my own pillow and blankets?**

Yes. You are more than welcome to bring in your own pillow and blanket. You can also bring in a book to help you fall asleep.



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**Can I take a sleep aid?**

If your physician has prescribed a sleep aid for the night of the study or approved a medication you are on, than yes. You must have the sleep aids approved prior to the testing.

**Can I sleep with the TV on?**

No. Sleeping with the TV on all night can disturb the sleep study process. The technician will tell you when it will be lights out and the TV must then be turned off for the night.

**Can I drive myself or do I need to be dropped off?**

Either is fine. If you are on any medications that would affect your driving than we would ask you to be dropped off. If you drive yourself your car can be left overnight in our parking lot. There is patient parking close to the entrance.

**Is there breakfast provided?**

Yes. The patient is offered the option of a muffin/fruit cup with coffee or juice.

**When will I get my results from the study?**

Please allow 10-14 days. You will then be called by our Cpap coordinator with your results and the next step you are to take if any.

**What is CPAP Titration?**

For CPAP (Continuous Positive Airway Pressure) titration you will have the wires that were used for your diagnostic study. Also you will be asked to sleep with a CPAP mask over your nose. The mask delivers room air to keep your airway open. This test is used to determine the optimal pressure which will effectively treat your sleep apnea and snoring.

**If I test positive for Obstructive Sleep Apnea will I receive my machine to take home that day?**

No. The Cpap coordinator will go over that with you when you receive your results call. We will have the vendor call you to arrange an appointment when they can come to your home and set-up your machine.

**Why is it necessary to record the above functions?**

During sleep, the body functions differently than while awake. Disturbed sleep such as pauses in breathing, snoring and lack of sleep consolidation can interfere with daytime activities, cause excessive daytime sleepiness and possibly lead to serious health problems.

**What is a Multiple Sleep Latency Test (MSLT)?**

It is daytime testing, which consists of a series of naps. Sensors and electrodes are used to record information similar to the polysomnogram. Naps are taken every two hours throughout the day. Please bring something to read or work to keep you occupied in between the naps. A television and a DVD player are available. Plan to spend the entire day possibly until 9:00 pm in the Sleep Center.

**Is the sleep study covered by insurance?**

Most insurers cover sleep studies, however check with your insurance provider to be sure this procedure is a paid benefit under your plan.