



## PATIENT APPOINTMENT OVERVIEW

**Arrival Time:** Between **7:30 pm – 9 pm** (you do not have to go to sleep at this time)

- You will be scheduled for a Sleep Study because your physician is concerned you may have a serious medical condition called sleep apnea. Sleep Apnea is a condition of disordered breathing that occurs only at night. With this condition patients stop breathing multiple times during the night. Undiagnosed, the condition is dangerous and can cause other medical condition to worsen, such as diabetes and hypertension.
- Please understand a bed and a technician will be reserved especially for you on this night. If you are unable to attend at the last minute it is impossible to fill that slot and the bed will go empty for that night, but more importantly your condition will remain undiagnosed.
- Wear comfortable clothing or bring something to change into to sleep in. Please eat dinner before arriving and try to avoid caffeine and sugar 6 hours before coming in.
- Our Rooms: queen sized beds, and full size beds, television w/cable, DVD player and WIFI in the area. You may bring anything you use to sleep (special blanket/pillow), medications you take at night, special music player & books, if you wish.
- All you need to bring is an overnight toiletry bag (toothbrush, toothpaste, other special items).
- Males- please shave recent facial stubble growth. Females- please remove excess make-up oils. No showers at facility but we provide face cloths to freshen up.

***Bring your insurance card, photo ID and a list of your medications with you for your files.***

### WHAT TO EXPECT

#### 1<sup>st</sup> Night Study

- The technician will apply electrodes to your scalp, face and chin to monitor your stages of sleep, including REM
- Electrodes will also be applied to monitor for restless leg movements
- Bands will be applied around your chest and abdominal area to monitor respiratory effort
- Electrodes will be placed on your chest to monitor EKG

#### 2<sup>nd</sup> Night Study

- You will be hooked up in the same manner as the 1<sup>st</sup> night
- You will be fitted for a CPAP mask or nasal pillows to be worn with the CPAP unit
- The technician will explain the CPAP titration process and answer any questions you may have

#### \*Split Night

A combination of a first night and second night, the tech will wake you at a point during the night and fit you with a CPAP to complete the rest of the night. This is sometimes ordered by your physician, however, you must meet medical protocol to qualify for this procedure.

#### CPAP SET UP FOR HOME USE (if indicated)

You will be given a machine with all accessories you will need to take home to be used prior to leaving the lab. The technician will explain the equipment and its cleaning needs. ***Supplies can be replaced every 3 to 6 months, please check with your insurance member services for coverage schedule.***

***Please notify us if you need to cancel or reschedule at least 24 hours in advance. Since this appointment is specially scheduled for you and a backup is hard to find at the last moment.***