

## Instructions and Information about the Sleep Study

### • BEFORE THE STUDY

- Avoid napping in the daytime before your study
- No caffeine or other stimulants for 24hrs before study
- No alcohol 24-hrs before study
- You can take your regularly prescribed medication unless there has been a change discussed with your sleep physician
- Bring any medication that you take at bedtime with you to the center. There are NO medications kept at the sleep lab
- Please notify us at least 48hrs before your study if you will require special assistance. If you need a caregiver present you must arrange someone to come with you. Our sleep technicians are not trained to provide such services
- You may bring any food items (snacks) you may need for the evening and morning. We only have water at the sleep center
- Please eat dinner before arrival. There will NOT be time to eat a full meal once you arrive
- You may bring books, laptop or other activities to use prior to bedtime or if these help you relax before sleep
- Bring Toiletries and a change of clothing. We will provide towels to wash up in the morning.
- Bring or wear comfortable pajamas for the study. We will need access to your chest and lower legs for brief periods to place the sensors.
  - Please consider that there may be other patients in the center and our bathrooms are in the hallway, outside your room
- You may bring your own pillow, blanket or teddy bear if that will be more comfortable for you
- **\*\*On the day of the study, please wash your hair and avoid any oils, sprays or other substances; make sure your hair is dry. The scalp must be accessible so any hair extensions or wigs will have to be removed\*\***
- **\*\*Do not put apply any oils/lotions/creams on your skin. These chemicals may interfere with our sensors and the sleep study\*\***
- Anyone under the age of 18 must have a parent or guardian present for the duration of the study. The parent/guardian will have a recliner to sleep in while the patient sleeps in the bed.
- If you are already using CPAP, BPAP, ASV or other treatment, please bring your mask and headgear to the study
- If you are using an oral appliance (OA), please bring that to the study including the adjustment key and/or bands
- Photo Identification such as a drivers license
- Reading glasses to complete forms when you arrive, if applicable

- **ONCE YOU ARRIVE**

- Arrival time is 8:30pm (or whatever time was determined at your visit).
- The clinic doors will likely be locked. There is a black doorbell to the left of the door. Please ring the doorbell and the technician will come and let you in.
- Alternatively, you can call our phone number 540-699-0608 when you arrive from your car and the technician at night will open the door
- You will be assigned a room and will remain in that room for the duration of the testing, except for bathroom breaks
- If you need to be woken up at a certain hour please inform the technician prior to start of the study
- You are NOT allowed to leave the sleep center once you are checked in
  - The exception is if you choose to end the study early and sign an Against Medical Advice (AMA) form
- You will have some forms to complete prior to starting the study
- The sleep technician will ask you to change into your night clothes prior to starting to place the sensors required for the study
  - Most of the sensors are tiny gold-plated disks that are applied to the scalp and skin. Blood oxygen is monitored using an adhesive sensor that is applied to your finger throughout sleep. Respiration is monitored by using a very thin plastic sensor, which is placed between the nose and upper lip. Breathing effort is recorded using belts placed around the chest and abdomen. Leg movements are recorded by sensors on your shins
- Once the technician has completed the sensors they will return to the control room and give you further instructions prior to beginning the study
- **\*\*There is Audio AND Video recording for all studies, this is a requirement and there are no exceptions\*\***
- You should not feel any pain during any part of the sleep study experience.
  - **\*If you have any sensitivity to latex, tape, or other substance, please inform the technician before they begin\*\***

- **ONCE THE STUDY BEGINS:**

- The audio and video equipment will be turned on when you arrive and continue until you are discharged
- If you need to use the restroom at night, the technician will give you instructions on how they will assist you with the equipment...DO NOT remove any sensors on your own
- Please turn **OFF** all phones as phones ringing at nighttime can cause significant disruption to not only your but also other patients sleeping at the center
- The sleep technologist that will be conducting your study will give you more instructions and can answer any questions you may have
- You may be asked to sleep on your back for some part of the study, even if you do not sleep in this position at home

- **AFTER THE STUDY**

- The study will end between 5am – 5:30am
- You do NOT need to put an alarm on your phone, the technician will keep the time
- The technician will come and disconnect/remove all sensors
- You may have some redness from the sensors used which should improve
- You will likely need a shower to wash your hair after the study. We do not have showers at our sleep center so please plan accordingly if you plan to go to work the next morning
  
- The technician will discharge you home and the next follow up visit will be with the doctor to review the results. If this has not yet been scheduled, please call our office the next day at 540-699-0608
- You will be required to sign a form attesting that you are ok to drive. If not, then you will have to call for a family/friend or use public transportation to get home

- **KEEP IN MIND:**

- **CANCELLATION POLICY:**
  - **Sleep Study related appointments not cancelled with a minimum of 3 business days will be charged a \$250.00 cancellation fee.** This fee is NOT billable to your insurance carrier. For all Sleep Study related appointments, we have arranged in advance to have a Registered Polysomnogram Sleep Technician available to provide your Sleep Study.
  - If you must cancel or reschedule your appointment, we ask that you contact us directly at 540-699-0608, (Monday-Friday 8:00am-4:00pm)
  
- There are security cameras throughout the sleep centers that are monitoring at all times.
- There is NO ONE else allowed to come into the sleep center with you so we can minimize COVID risk
  - Exceptions are necessary caregivers and parent/guardian for a minor
- Pets are NOT allowed in the sleep center