

## Thank you for scheduling your sleep study!

**Address of the Annapolis Facility:**  
2530 Riva Road, LL – Lower Level, Suite 1  
Annapolis, MD 21401

The Sleep Disorders Centers of the Mid-Atlantic is a full-service diagnostic center, motivated to help you determine the source of your sleeping/hyper somnolence issues. We provide comprehensive healthcare in a friendly, comfortable environment, which includes efficient timely scheduling for patient consultations, diagnostic/therapeutic testing, and DME services, including coordinated follow-up care for all services. We look forward to assisting you and your physician in improving your health and wellbeing.

**Feel free to contact us with any questions or concerns at 410-582-9300 (Monday – Friday 9:00 am to 5:00 pm)**

### What to expect

Upon arrival to the sleep center, you will be greeted by a technologist, who will have you complete a bedtime questionnaire, prior to attaching your sensors and monitors. You will typically, be ready for bed by approximately 10:30 - 11:30 pm. We ask that you try to go to sleep as early as possible, so that we can maximize data collection. The study will be completed by approximately 5:00 – 6:00 am. At this time, you will be disconnected from your monitoring equipment and asked to complete a brief post study questionnaire. Although these bedtimes may not be typical for you, they are required for us to conduct the testing in the best manner possible.

### Cancellation Policy

Please be advised, many things go into scheduling and preparing for your sleep study. We realize that a situation might arise that could force you to reschedule, postpone, or cancel your appointment. Please understand that such changes affect not only the doctor, the sleep technologist, the sleep center, but other patients as well.

***There will be a \$250.00 charge for any in-lab sleep study cancelled less than 48-BUSINESS hours prior to the date of the study. There will be a \$50.00 charge for any office visit (consultation or follow-up with the doctor; DME set up; Home Study set up; mask or troubleshooting, among others) cancelled less than 48-BUSINESS hours prior visit date. In the case of extenuating circumstances, the fee may be waived at the doctor's discretion.***

### What is a Sleep Study?

A sleep study is a diagnostic procedure that records brain waves, heart activity, breathing patterns, muscle activity, eye movement, and oxygen saturation while you are sleeping. Several electrodes, sensors and monitoring equipment will be attached to your body with tape or paste prior to bedtime. These sensors transmit acquisition data to a computerized recording that is continuously monitored by a qualified technologist. For your study, you will be residing in a comfortable, private suite equipped with a full bath and T.V. Everything you may need to make your stay feel like your home away from home.

The technologist will be monitoring and documenting throughout the night and will be available to assist you with anything you need, including assistance during trips to the restroom. You will also be video/audio monitored to document sleep position, snoring, and any other activity that occurs throughout the night.

If your physician has ordered a “split night study,” the technologist will prepare you for the possibility of using CPAP (Continuous Positive Airway Pressure) therapy after approximately 2 hours of diagnostic monitoring. CPAP is a therapy used to treat obstructive sleep apnea. Positive air pressure is delivered through a nasal or nasal/oral (full face) mask and splints opens the airway. This positive pressure will prevent obstruction or collapsing of the airway which causes apnea (pauses in breathing). During this portion of the testing, the technologist will adjust the levels of air pressure to determine which level best works for you.

***Please Note:*** We know that inquiring minds may want to know the results as soon as possible, but your technician is not allowed to provide a diagnosis in the morning or comment on your testing. Please do not ask the technician any questions concerning your test.

Results will be faxed to your referring physician and a copy emailed to you as well. This process may take up to 3-7 business days.

### Sleep Study Preparation

**Please review the following list for the preparation of your sleep study:**

- If you have not already completed & returned the registration packet, please bring the completed Patient registration Packet with you to the appointment, along with your ID and insurance card.
  - **Please Note:** If you were not able to sign the documents electronically, we will require all signature pages to be signed prior to beginning the study. The technologist will have these documents prepared for you at the time of the appointment.
- Bring loose clothing or pajamas
- Bring any toiletries that you would need for an overnight stay (toothbrush, toothpaste, shower gel)
- Eat prior to arriving. Food will not be provided
- For your comfort, you may bring your own pillow, reading material, or laptop/tablet device
- Any prescription medication that you need to take during your stay should be taken as you normally do unless otherwise instructed by your physician. Refrigeration is available for temperature sensitive medication
  - **Please Note:** It is okay to bring a sleep aid
- Avoid alcohol and caffeine (coffee, tea, soda, and chocolate) after 12:00 pm on the day of your study.
- Refrain from using hair gels, sprays, oils, make-up, and skin lotions, as these can interfere with the sensors.
- Please bathe or shower before coming to the sleep test. This will help to ensure quality application/output of the monitoring sensors and reduce the sensor application time.
- Avoid taking a nap on the day of your study.

**Special Note:**

- Nail polish -- Please remove nail polish (or gel / acrylic nail) from at least one finger.
- Hair-- Your study is dependent upon electrodes being placed along your scalp. If you have any glued or sewn in hair pieces, they need to be removed prior to the study. Box braids, cornrows, and locs are okay.

### Upon Arrival to the Building

**Arrive at the lab at 9:00 pm (8:30 pm for minors). The study will end between 5:00 am-5:30 am and you can expect to depart from the lab by 6:00 am.**

**Park at the front lobby (the lights will be on) and use the call box - # 029 or call 410-582-9300 EXT 121**

Usually, a technologist will be waiting in the lobby area to greet you.

If you do not see them, use the callbox – search for Sleep Disorders Center. When pressing the call button, a voice message will instruct you to enter an extension, dial 121; this will alert the technician that you have arrived. They will come up to meet you.

If the call-box process is not working, call 410-582-9300 EXT 121 to alert the technician of your arrival.

If you have any problems or questions on the night of your test and are unable to reach the technologist at the above phone number, please contact the emergency after hour's clinical staff at 410-703-0127.

### Directions to the Sleep Lab

**From Severna Park/Pasadena area:** Take Ritchie Highway/MD 2 South to Route US-50 W/US-301 S toward Annapolis/Washington. Then take MD-665/Aris T Allen Blvd exit 22, toward Riva Rd (right exit onto Riva Rd ramp – stay in left lane once on exit ramp) to make left onto Riva Rd at traffic light at the end of the exit ramp. At the next light make a left into the parking lot of Bank Building – bear to the right & make a left into the parking lot.

**From Ritchie Highway/MS 2 South:** take Route US-50 W/US-301 S toward Annapolis/Washington. Take the MD-450 exit 23B, toward Crownsville (stay in right lane on exit) to make right onto West St./MD-450 and then bare right onto Riva Road (just past the “overpass”). 2530 Riva Rd is on the right at the traffic light (just prior to the overpass). Make a right into the parking lot of Bank Building – bear to right & make a left into the parking lot.

**From Crofton area and points West:** Merge onto US-50 E/US-301 N toward Annapolis/Bay Bridge. Take the MD-665/Aris T Allen Blvd EXIT 22, toward Riva Rd (right exit onto Riva Rd ramp - stay in left lane once on exit ramp) to make left onto Riva Rd at traffic light at the end of the exit ramp. At the next light, make a left into the parking lot of Bank Building – bear to right & make a left into the parking lot.

**THANK YOU FOR CHOOSING SLEEP DISORDERS CENTERS OF THE MID-ATLANTIC!**



*Happy Sleeping!*