

Patient Name:

Thank you for scheduling your sleep study with us. At Mountain Heart we truly care about our patients and we want you to feel comfortable with your scheduled testing. In order to maximize your knowledge of care and understanding, we have scheduled the following appointments for you:

Your Sleep Study is scheduled for:

Date: _____ at _____

Your follow up appointment to review the results of the study is scheduled for:

Date: _____ at _____

Please allow 10-14 business days for this sleep study to be read by our sleep doctor and faxed to your referring physician.

Sleep Study Instructions

1. Please be here at your scheduled appointment time. **Please note that we are not able to accommodate patients earlier than the designated appointment time. Please do not plan to arrive prior to your scheduled appointment.**
2. Keep a regular sleep routine the night before your test. It is important to stay awake at least 12 hours before your test is scheduled to start. **DO NOT NAP.**
3. Bring a current list of all your medications. **IF YOU TAKE ANY MEDICATIONS AT NIGHT OR IN THE AM, PLEASE BRING THEM WITH YOU. NO MEDICATIONS WILL BE PROVIDED BY THE STAFF.** Let your Sleep Technician know if you will be taking a sleep aid upon your arrival, they will instruct you further.
4. **Do not use any alcohol or caffeine after 2:00 p.m.** on the day of your test, unless instructed to do so by your physician.
5. **Refrain from using any hair gels or spray.** We recommend bringing a scarf or hat to wear when leaving.
6. **No creams or lotions on your face or legs.**
7. **No make-up or foundation.**
8. **Minimize jewelry**, especially necklaces or earrings.
9. **Remove nail polish**, at least off one finger.
10. Most patients are ready to leave between 5:00 a.m. and 6:00 a.m. **Please arrange for pick-up at this time if you did not drive yourself.**
11. Bring pajamas or something comfortable to sleep in. Sleeping **nude or in underwear is not acceptable.**
12. Males are asked to be **clean-shaven** (where you normally shave) upon arrival for testing.
13. This is not an invasive procedure. You may drive yourself; no medications will be administered to you at the lab.
14. Pillows and blankets will be provided.
15. Alcohol, smoking, and vaping are not permitted inside the building.

Sleep Study Information Packet

Sleep Study Check List

- | | | |
|--|---|--|
| <input type="checkbox"/> Eat Dinner | <input type="checkbox"/> Medications Packed | <input type="checkbox"/> Pajamas Packed |
| <input type="checkbox"/> Shower/Shave | | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> Hair is Washed & Clean | <input type="checkbox"/> CPAP Mask Packed (if applicable) | <input type="checkbox"/> Slippers or flip-flops |
| <input type="checkbox"/> Paperwork Signed & Completed? | <input type="checkbox"/> Dental Device packed (if applicable) | <input type="checkbox"/> Snacks Packed (if needed) |

What You Can Expect:

When you arrive for your sleep study, please enter through the WEST entrance of the building, the technician will greet you and then take you to your room. You will be asked to change into your nightclothes and complete any necessary paperwork. You will have a chance to use the restroom & prepare for bed. Once you are ready for bed the sleep tech will begin to place small sensors on your head/face/legs with tape and cream. The sensors are then plugged into a machine that will monitor your sleep. During the night if you need to use the restroom you will call the sleep tech to assist in disconnecting you from the monitors. There will be a camera in your room to monitor your body movements. The technician will be outside your room the entire night. You will leave at approximately between 5:30 A.M. and 6:00 A.M. the following morning. Please arrange for a pick-up at this time if you did not drive yourself.

What A Sleep Study Shows:

The Sleep study monitors all stages of sleep. To do this, the following are recorded:

- Eye Movements
- Heart Rate, Brain Waves, Muscle Activity
- Level of oxygen in your blood
- Breathing and snoring
- Sudden leg or body movements

If you have breathing problems, a CPAP (Continuous Positive Airway Pressure) machine may be used. CPAP is a device that can help you breathe and improve your sleep. It may be used during the second half of your study or on another night.

Can my family member stay with me during my sleep study?

- NO. Only if a special need has been determined and requested by your physician may a family member stay with you during your sleep study or if prior approval was obtained through the sleep lab.
- Pediatric patients, under 18 years of age, must have a parent/caregiver present at all times.
- Having a guest in the room with you during your sleep study is disruptive and may result in faulty and/or incomplete data

Our building is locked at night. A doorbell is located to the right of the door. Push the red button and a technician will let you in (allow for a few minutes for him/her to get to answer.)

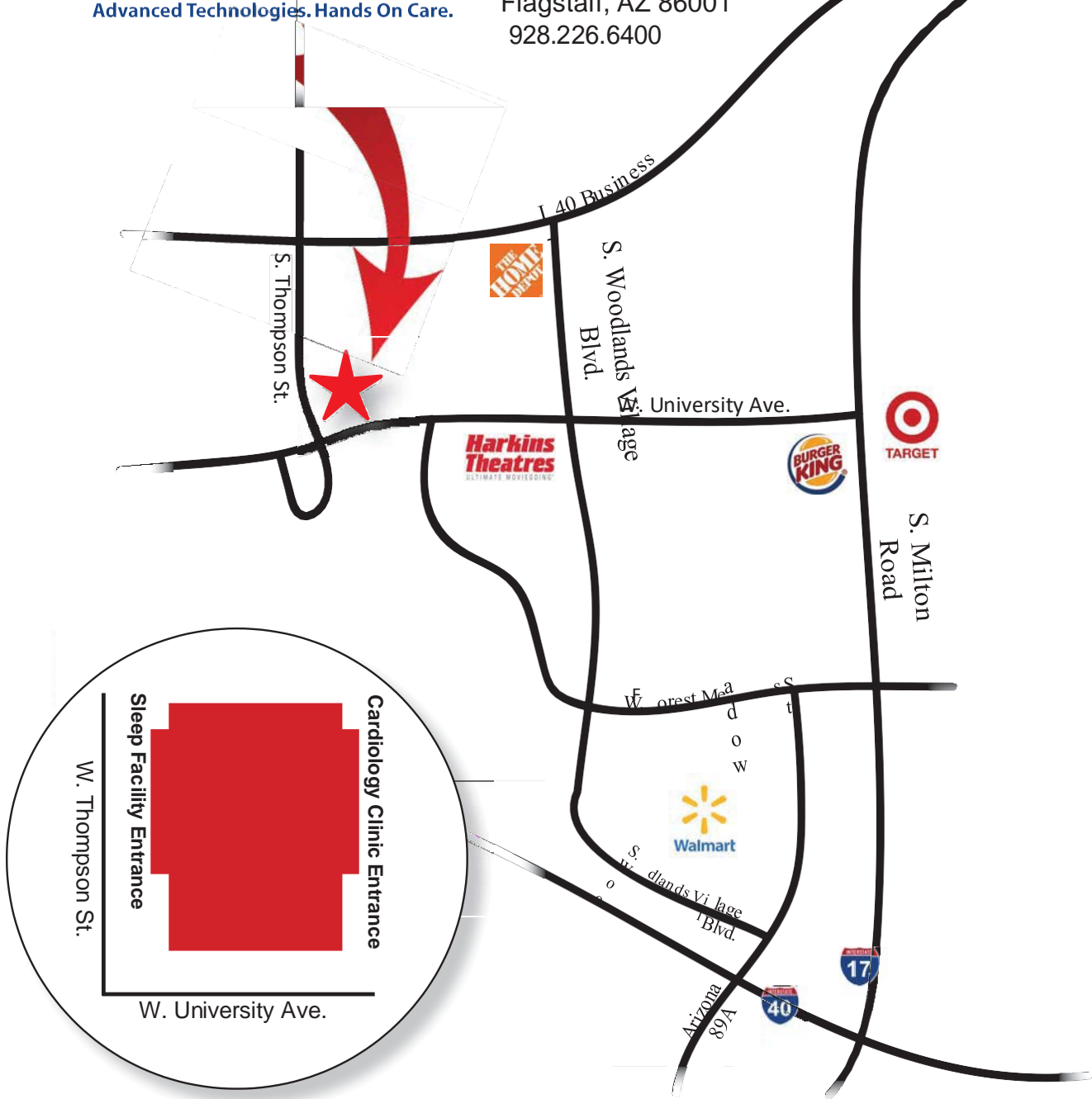
In case of Emergency, you can be contacted during your sleep study by a family member at 928-226-6406



Mountain Heart™
Advanced Technologies. Hands On Care.

2000 S. Thompson St.
Flagstaff, AZ 86001
928.226.6400

Downtown
Flagstaff



From Page and the North:

take 89 South into Flagstaff, continue onto the Business Loop 40 (you will see signs for I-40 W/US-66, W/Los Angeles). Turn left onto S Woodlands Village Blvd, at the light, turn right onto W University Ave, 3 blocks up, turn right into the parking lot at Mountain Heart.

From Winslow and East:

take I-40 West to I-17/89A North, keep right at the fork, continue on S Milton Rd. At W University Ave. take a left (there will be a Burger King where you will be turning), follow W University straight through the stop sign and traffic signal, 3 blocks up, turn right into the parking lot at Mountain Heart.

From Williams and West:

take I-40 East to I-17/89A (exit 195) North, bear left on the off ramp, continue on S Milton Rd. At W University Ave. take a left (there will be a Burger King where you will be turning), follow W University straight through the stop sign and traffic signal, 3 blocks up, turn right into the parking lot at Mountain Heart.