



Thank you for choosing Concierge Sleep & Wellness for your sleep needs. We are dedicated to giving you a personal and comfortable experience as we help you identify your path to a better night's sleep.

If this is your first time to have a sleep study, you may not know what to expect.

Here are some helpful hints for the day of your study:

- ❖ It is **very important** that you try to maintain your regular routine regarding sleep, diet, exercise, and medications in the 24 hours prior to the study. Go to bed at your usual time and get up in the morning at your usual time. **Please refrain from taking a nap the day of your study.**
- ❖ Continue your current medication schedule unless your physician tells you to make changes. **If you normally take medication to help you sleep, please verify with your physician if it is okay to do so on the night of you study.**
- ❖ If you have severe nasal congestion or coughing of any kind, please reschedule as it can have a negative impact on your study results.
- ❖ Please consume your evening meal before you arrive. **Caffeine should not be consumed after 12 noon the day of your study. This includes coffee, tea, chocolate, cocoa, and soda. Do not drink any alcohol 12 hours before your sleep study.**
- ❖ You will have several sensors placed on your face, hair, scalp and body. Please bathe before you come to your study. It is important that your skin is clean and free of any make up, skin lotions or creams.
- ❖ If you wear a wig, weave or other hairpiece, please note that it will have to be removed for this procedure. Our technologists will need to put sensors directly onto the scalp. **Technologists are not permitted to cut into any caps or hairpieces. If your hair has had recent color or chemical processing, please schedule your sleep study 48 hours after the hair has been treated.**
- ❖ If you wear a night guard or use an oral appliance, please ask your physician if the study needs to be done with or without it. Be prepared to remove any dentures or prosthetics that you may have. You may wear them after the study.

What to bring on the day of your study

- ❖ Please bring your completed patient history questionnaire. Your responses will help the physician diagnose any sleep problem you may have. Please answer all of the questions.
- ❖ **Please bring prescription and non-prescription medications** including insulin and syringes. If you forget any of your prescriptions or supplies, you will need to arrange to purchase them from a local pharmacy or have someone bring them to you. **By law, we are not able to provide, administer or dispense any medications, syringes, or other medical supplies.**
- ❖ **Please bring any medical supplies or equipment that you need to use during your stay.** If you are already using CPAP, you may want to bring your own mask. **Please do not bring your CPAP machine.**
- ❖ Comfortable, loose fitting sleeping attire. Sleeping without clothing is not permitted.
- ❖ Favorite pillows or blankets, toiletries, or other hygiene items that you may need. Please **DO NOT** bring any heating pads or electric blankets as these interfere with our recording equipment.
- ❖ Any desired food or snack items.
- ❖ Family members are *only* allowed to stay with the patient in the sleep study room with prior approval from the sleep facility staff and only for a clear medical reason or if there is a communication barrier. They will not be allowed to sleep in the same bed with the patient.

Sleep Room Amenities

- ❖ All sleep rooms are private with queen size beds and a TV. All TVs are equipped with streaming devices (Roku or Fire Stick) – traditional cable TV is not readily available at all locations. WiFi is available. For your comfort and convenience, we do have fans available as well as ear plugs and white noise machines.

Your Arrival

- ❖ Please arrive at your **assigned scheduled appointment time** on the day of your study. If you are going to be late, please call 713-688-3188 to let them know your approximate arrival time. Arrival past 10:00 pm is not permitted for any reason unless prior approval has been given. **Payment is due at the time of service.**
- ❖ Your sleep study will start between 9:00 pm and 11:00 pm. If you have a regular bedtime that is earlier or later than this, please let your tech know and we will try to accommodate you as best we can. **All sleep studies must start by 11:00 pm. at the latest; this is due to staffing and insurance coverage requirements. You will be discharged no later than 7:00 am.**

- ❖ Once you arrive at your scheduled appointment time, you will be greeted by your Technologist and shown to your bedroom. You will have time to get settled. Your technologist will ask you to complete some additional paperwork before your study including Privacy Practices, Assignment of Benefits, Separate Billing Notification, Medical/Video Consent forms as well as a brief pre sleep questionnaire. If you need assistance in filling out your paperwork, please have someone stay with you to complete it.
- ❖ Next, your technologist will prepare you for your study. In many cases, this process can take up to 1 hour. Please note that one technologist is assigned to two patients and will be going back and forth between patients.

During your Sleep Study

- ❖ When the technologist completes your set up, you will be informed of “lights out.” At this point you may go to sleep. Once you have been informed of “lights out” you will not be permitted to read, watch TV, eat, talk on the phone, or perform any other activity that may interfere with your sleep. This is required to allow us to identify how long it takes you to fall asleep. Restroom visits are, of course, permitted.
- ❖ You will be monitored for approximately 6 to 7 hours and then awakened by the technologist between 5 and 6 in the morning. Because our facilities close at 7:00 am, you will be expected to leave one hour after your test has concluded.

What is a Polysomnogram?

- ❖ A Polysomnogram, also known as a sleep study, is a recording of biological activity during sleep. These measurements are used to identify different sleep disorders. The instrument used to record these measurements is called a polysomnograph. In order to properly study your sleep, we will measure brainwave activity, eye movement, breathing effort, nasal and oral airflow, heart rate and rhythm, body position, and the oxygen level in your blood. In addition, we will measure the muscle activity in your chin and your limbs. All measurement is non-invasive which means that we do not use needles or break the skin. The procedure is not painful.

Please note that there is a good possibility you will be required to have two sleep studies. The first study is performed to determine the degree of the sleep disorder (if any) while the second study is to determine the treatment of the sleep disorder. We will also make a video record of your sleep for the entire night. The sleep technologist that performs your study will be able to tell you more about the measurements that are used in a sleep study.

Your technologist will not be able to discuss results with you after your study, please direct all questions regarding study results to your physician.

Sleep Study Follow Up

- ❖ Once your procedure is completed, you will be given a post sleep questionnaire, discharge instructions and a patient satisfaction survey.

Based upon the preliminary results of your test, you will be referred for one of the following:

- ❖ Positive Airway Pressure (PAP) treatment set-up visit or additional sleep study testing to determine an effective PAP treatment setting.
- ❖ Office visit with the provider that ordered your sleep test (or other care team provider) to discuss the final results and treatment plan. **Your sleep technologist will not be able to discuss detailed information in regard to your sleep study.**
- ❖ Your study may only be interpreted by a Board-Certified Sleep Specialist (physician) before the final results are available.

Billing and Insurance Questions

Your sleep study is an outpatient procedure. Our insurance verification department will verify your insurance benefits and obtain pre-certification if it is required by your insurance company. It must be obtained prior to having your sleep study. If you are not eligible to receive services at our facility, we will contact **you and your physician immediately.**

Our Cancellation Policy

Thank you for scheduling your sleep study with Concierge Sleep & Wellness! If you need to cancel or reschedule your sleep study, please call and let us know as soon as possible, and no later than 24 hours prior to your study. Due to our limited number of bedrooms, we will try to fill all cancelled appointments with another patient, and that's why it's important that we hear from you as soon as possible. **It is our policy that if you aren't able to make it to your appointment, and you didn't call us 24 hours prior to the day of the study, you may be charged a \$150 no show fee. This fee is not covered by insurance.**

As a reminder Patients are responsible for all of their belongings left in their vehicle or brought into the facility. Concierge Sleep and Wellness does assume any responsibility for the loss of personal property.

Please contact us at 713-688-3188 if:

- ❖ You have any special medical or physical needs.
- ❖ You require a family member to stay with you at night for a medical reason.
- ❖ You have any questions!

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