

 **About Your Sleep Study**

 A sleep study is a painless outpatient procedure. The sleep study usually consists of two nights. The first night we diagnose any problems and the second night we treat any problems found.

 The night of your study, the Polysomnographic Technician (Sleep Tech) will place various electrodes and monitors on you. The monitors will record your brain waves, eye movement, muscle tension, heartbeat, oxygen level, and breathing. These different parameters will be recorded all night while you sleep. The technician will be there at all times to assist you. The Technician will be able to hear and see you even though your room is completely dark and private.

 After the study is completed, your test will be interpreted and a Sleep Disorders Specialist will make you a diagnosis. Your referring physician will be given a written report promptly. If you are positive for sleep apnea you will be scheduled for another night to try CPAP. The technician will be happy to show you CPAP and how it works.

**When to arrive and how long you will be here:**

On the night of your sleep study, check in is at 8:00 p.m. at the Sleep Center located on the third floor of Professional Building One. Please ring buzzer at the door and you will be greeted by a Technician. You will be hooked up to the monitors and in bed no later than 10:30pm. Wake up time is generally between 5:30am and 6:00am.

 It is against our policy to have family stay with a patient overnight, as typically that creates noise and disruptions when we are trying to study the patient`s sleep. Our time is short and the information we need to collect is great. So please make appropriate arrangements or call to discuss any special needs that you may have with the daytime office staff. Caregivers are *required* to stay if you require special assistance.

**Cancellations and Scheduling Policies:**

We will call you one day prior to your appointment to confirm. If you do not hear from us, please call to confirm your appointment. If we cannot reach you, we may schedule someone else in your place. As a courtesy to not only us, but our other patients waiting to get in, we require a 24-hour notice of cancellation. If you no show twice we will refer you back to the physician who referred you for the study. If you are going to arrive later than your expected time, please call and give notice. If you would like to get in earlier than your scheduled appointment let us know, and we will add you to our HOT LIST for the first available opening. This entails being ready to come in sometimes on short notice. If you call after office hours (Mon. – Fri. 8am to 4pm), please leave a message and we will return your call on the next business day.

**You may contact us at 205-930-2369**

\*\* **Please let us know if you have had any changes with your insurance. \*\***

**\*\* Let us know if you have had any previous Sleep Studies to assure we have the medical records we need. \*\***

**\*\* If you are scheduled for a MSLT or daytime study please be prepared to stay as late as 5:00pm.\*\***

**\*\* If you need our handicap accessible room, wheelchair, or any other special needs please inform us as soon as possible so we can make proper arrangements. \*\***

**\*\* If you require special assistance a caregiver must stay with you. Please inform us as soon as possible. \*\***

**\*\* Ask about our HOT LIST to get in earlier than your scheduled appointment. \*\***

**\*\* Please follow our prep instructions listed on the following page. \*\***

Our goal is to make your stay with us as pleasant, comfortable, and efficient as possible. If you have any questions don’t hesitate to call, or ask your technician.

**Thank you for choosing St. Vincent`s Sleep Disorders Center**

**INSTRUCTIONS**

***The day of the study, don’t forget:***

* EAT DINNER BEFORE YOU ARRIVE, YOU MAY BRING A LIGHT SNACK.
* Your medications or reading glasses if needed.
* **Insurance Cards and Driver’s License**.
* Something to sleep in (PJ`s, shorts & t-shirt, or a gown. No silk please).
* We provide hospital pillows and blankets, but you may bring your own.
* Personal items and toiletries (tooth brush and paste).
* Bathe/Shower day of and do not apply lotions, oils, or gels to hair or skin.
* Hair must be dry upon arrival. We will apply a conductive paste to your scalp for the purpose of recording EEG (brain waves). The paste is hypo-allergenic and will not harm your skin, hair, nor will it change hair color. You will need to wash the paste out with warm to hot water after your study. We provide a private bathroom with shower, towels, soap, and wash cloths or you may wait and shower at home if you prefer.
* Do not get hair professionally styled prior to your study or have any hair pieces put in. We will need to be able to see and get to your actual scalp.
* Shave any new facial hair (beards and mustaches are ok).
* Remove nail polish on hands.
* Discontinue all caffeinated beverages and sweets by noon.
* Try and limit nicotine/smoking the day of.
* **DO NOT NAP** the day of your study.
* Give us 24-hour cancellation notice.
* To avoid losing your appointment call (205-930-2369) if you think you may be late, or can`t come in.
* **Arrival time is 8:00 pm, call if you will be late.**

**Insurance:**

 If you have any questions concerning deductibles, copays, or in network status please contact your insurance carrier prior to your sleep study.

Pre-registration will call you prior to your sleep study to collect any copays or deductibles due. Payment plans are available upon request.

These are the codes that your carrier may ask for in your inquiry:

 Diagnosis Code: G47.33

 Procedure Code: 95810 (Nocturnal Polysomnogram)

 Procedure Code: 95811 (CPAP titration study)

**Directions:**

 You will park in parking deck one located across from Professional Building One on 10th Ave South. Take the elevators to Level “C” in the parking deck and proceed to the crosswalk to enter Professional Building One. Take the first set of elevators to the third floor and follow the signs to the Sleep Disorders Center. Ring buzzer at the door and you will be greeted by a Technician.