Sleep Study Instruction Sheet

Your physician has scheduled you for a sleep study. This is a very simple and painless procedure that can provide the sleep physician, who interprets the results, with valuable insights into your medical condition.

You are scheduled for a sleep study on ________________ at the Phoebe Sleep Disorders Center located at 2709 Meredyth Drive, Suite 310, Albany, Georgia. Please arrive at the sleep disorders center at 8:00 PM. Please approach the main entrance and locate the call box located on the wall near the glass entrance sliding doors. Press the button labeled Sleep Center and a technologist will open the doors to allow access to the elevators. Take the elevators to the third floor. You will be spending the night in the sleep disorders center as an outpatient.

Pre registration and confirmation is required prior to all sleep testing. This is typically performed on the date that you were scheduled for testing. It is required that all patient co-insurance, co-pays and/or deductibles are paid at or before time of service. If you believe that you may be unable to pay your entire financial obligation prior to service, Pre-Services will discuss payment options with you. If this may be a concern of yours, please contact Pre-Services at 312-4703 or 312-4758. As a private room has been reserved in your name and a Sleep Technologist assigned to your case, it is extremely important that you keep your appointment. If you are unable to keep the appointment due to an unavoidable emergency, please call the Phoebe Sleep Disorders Center at (229) 312-1220 during normal business hours (M-F, 8:00 AM – 5:00 PM) at least 24-hours before your appointment.

You should not consume any caffeine/alcohol after 2:00PM the day of the sleep study. We also ask that you not sleep in or nap the day of the study. Please wash your hair and make sure it is completely dry. The technologist will be applying electrodes directly to the scalp. If you wear a hair piece, or device that prevents access to the scalp please remove. If you have questions regarding this please call us in advance to discuss. Leave at least one fingernail free of nail polish.
You will want something comfortable to sleep in, a tee shirt and a pair of shorts would be fine (please do not wear silky materials). You may also want to bring personal items that will make you more comfortable, such as a favorite pillow. Complete private bath facilities are available and personal toiletries, should you forget something. Do not discontinue any prescription medications unless directed by your physician. Please bring medications that you may need during your stay. If you are diabetic please bring testing supplies and if you suffer from asthma, and use a nebulizer, please bring it as well.

Please complete the enclosed forms and bring them with you to your visit. These forms are very helpful and important to us when processing your sleep study. If you need assistance in filling out the Sleep Questionnaire forms, the Sleep Technologist will assist you.

A Sleep Technologist will greet you and then show you to your bedroom where you will be asked to change into your sleep clothes. The Sleep Technologist will then begin the set up procedure. Various sensors will be attached to your body to monitor brain waves, eye movements, muscle activity, breathing, snoring, heart rate, leg movements, and blood oxygen saturation. These sensors are non-invasive and painless to attach. Studies are usually completed by 6:00 AM the following morning, unless you have an order to stay for a MSLT study.

If your doctor has ordered a MSLT study, then you need to be prepared to stay as late as 5:00 PM the following day. You will have a series of potentially 5 naps, one every two hours. Please bring your own breakfast and a light lunch for the day of the MSLT. Our facility is equipped with a refrigerator as well as a microwave for your convenience. You may also want to bring items such as a book, newspaper, lap top computer, or DVD movies to entertain you between naps.

The results will be given to your doctor shortly after your sleep study. If a treatment plan is needed in your case, your doctor or a sleep physician will prescribe your treatment and monitor your progress. If you have not heard from their office after two weeks from your study, you should call and schedule a follow-up appointment to discuss the results and your treatment options.

After your sleep study, please complete our patient satisfaction survey and do not hesitate to give us improvement ideas, which will help us in our goal to continually improve the quality of life for the patients we serve.

**If you have any questions or concerns, please do not hesitate to call us at (229) 312-1220.** We look forward to seeing you at your appointment and thank you for choosing the Phoebe Sleep Disorders Center.