

SLEEP STUDY CHECK IN INSTRUCTIONS

- **_____ you are scheduled on _____ for a sleep study. You are scheduled to arrive at 8:45PM – 9:15PM for your study. The techs will not be ready for you any earlier than this. Please check in at the Emergency Room.**
- When you arrive, go to the registration area in the Emergency Room and tell one of the registrars that you are here for a sleep study. They will call you over to a desk to sign your consent forms. The tech will come down from the sleep lab to escort you upstairs. Your tech for the night will be _____. If you would like to request a different technician based on gender (male or female), please contact me at least 24 to 48 hrs prior to testing. 770-385-4159.
- Do not sign in on the Emergency Room clipboard, but make sure one of the registrars is aware that you are there for check in.

Check list of things to bring with you:

- Photo ID and insurance card
- Clothing to sleep in
- Sleep Med history forms (fill out prior to coming in)
- Personal items such as toiletries (toothbrush, toothpaste, etc)
- Book or magazine if preferred (we do have Charter expanded basic cable in the rooms)
- If you require food as in the case of a diabetic patient, please bring something with you.
We only keep water in the lab.
- A pillow if you do not want to sleep on ours (please don't leave it)

Note: Sleep Med is a contract company that provides services to Newton Medical Center. Please do not contact them for test results or questions. Please refer any questions to your doctor or the sleep lab.

Frequently asked Questions and Answers

1.) Do I stop any meals before coming in?

Ans. No, please eat like you would normally do. Try to avoid a heavy spicy dinner as this may cause gastric reflux.

2.) Can I have Caffeine or Alcohol?

Ans. Yes and No we ask that you try not to have any caffeine after breakfast due to the time frame it takes for caffeine to leave your system. No, to alcohol, it relaxes the muscles and can affect the accuracy of test results.

3.) I usually take a nap. Can I do this?

Ans. We ask that you do not take any naps the day of your test. We want you to be able to sleep for your study.

4.) What about my medications? Should I take them?

Ans. Yes, please do not stop any medications unless indicated by your doctor. If you take a sleeping pill on a regular basis, it is OK to bring that and take it the night of your test.

5.) I'm a diabetic, can I bring a snack?

Ans. Yes, you can bring your own snacks. We have water available and can get juice in an emergency. We do not keep any food in the Sleep Lab.

6.) What about personal hygiene, do I need to do anything specific?

Ans. Yes, we ask for a clean dry scalp with no oil or heavy hairspray. If you washed your hair that morning, you will be fine. Don't use baby oil or any other type oil on your skin. Lotion and deodorant are fine.

7.) I wear a wig? Is that a problem?

Ans. No, it will need to be removed once in the lab. Some of the electrodes are placed on your scalp. If you wear a wig or hairpiece that needs to be removed professionally, please contact me to coordinate your sleep study with your hair dresser appointment. If you have braids, these may need to be removed. We have to be able to place electrodes with paste directly to your scalp.

8.) What if I get sick with a cold? Should I come in for my study?

Ans. It's not recommended. Call to reschedule your study. 770-385-4159

9.) Can I bring my own pillow?

Ans. Yes, we have pillows, but you are welcome to bring your own. Don't forget to take it home-

10.) I get up and go to the bathroom 3-4 times per night. Can I do this?

Ans. Yes, the electrodes and belts are connected into one box. When you need to go to the bathroom, just tell the tech. There is a microphone in the room. He or she will come in and unhook the main box.

11.) Can anyone stay with me? I'm not used to sleeping by myself.

Ans. No, as with any test you do at any medical facility, the primary goal is to obtain the most optimal test setting and results. Hospital liability guidelines prohibit us from allowing someone to stay over with you even if we have unused rooms available. We do require a parent to stay with any child under the age of 17. Exception: If a patient has a continuous caregiver, that person or family member will be allowed to stay.

12.) How many times will I have to come for testing? Is there more than one? Why?

Ans. Sleep studies are two part tests. You are usually required to stay overnight on two separate occasions. The first study will diagnose any problems while sleeping, such as apnea, RLS, etc... If you are positive for apnea, you will come back for a second test. We do the same thing except we also put you on a CPAP device(continuous positive airway pressure). The CPAP delivers pressurized air that is administered via a mask and splints the airway open allowing for proper oxygen flow. This also allows you to stay asleep and make it thru all of your required sleep stages. We do have to change the pressure settings thru the night to identify the appropriate setting that best meets your needs. Meaning, a pressure setting that will eliminate your apnea and most if not all of your snoring.

13.) Who gets my test results and how long does it take?

Ans. Your test results will be sent to the doctor that referred you for the sleep study. You can get a copy by visiting our medical records department. Please be sure to bring ID to medical records. It takes 5-7 business days excluding Holidays to get your results back. Sometimes, we have the results before this. We do not notify you of the results and ask that you contact your doctor in about 8-10 business days after your study.

14.) If I do have sleep apnea (obstructed airway during sleep) and require a CPAP machine, where do I get it?

Ans. Once the results are back from the second study, the sleep lab will send an order for the machine to your doctor for a signature. He or she will send the signed order back to the sleep lab. We will then send the order to a Home Health Care company for processing. You will be contacted by the HHC provider to make arrangements to come get your machine or have them come to you. They will discuss your insurance regarding how it pays for the machine at that time.

15.) What if I need to cancel my test? Who do I call?

Ans. If you need to cancel, please call the sleep lab before 4pm M-Th and before 12 noon on Friday. Sleep lab day hours are M-Th 8-4pm and Friday 8-2:30pm. The number to call is 770-385-4159. If possible, please give 24hr notice. This will allow us time to find a replacement patient. We do understand that things come up last minute and this is not always possible. If you call after one of the designated times and leave a message, the tech does not have access to retrieve messages and will call your home to check on the status of your arrival. This call usually occurs between 9:30- 11:00 pm.

16.) I'm claustrophobic. I don't think I can sleep with a mask on my face. What can I do?

Ans. We actually hear this quite a bit. The tech can desensitize you to the machine and mask by turning the machine on and allowing you to hold the mask while placing it on and off your face. It's going to take some getting used to. Be patient with yourself.

17.) Does Medicare cover my test?

Ans. Yes, at 80%. Medicare requires all of their patients to visit their doctor after 31-60 days of use on a CPAP machine. Home care providers are required to prove to Medicare that you are using your machine at least 4hrs per night consecutively for 30 days. If not, they can give you another try or be forced to take the machine back since Medicare will not pay for the machine if you are not compliant with use. During your doctor visit, in the 31-60 day time frame, your doctor must document that you are using your machine and benefiting from it. The home care company will discuss this with you further. ***this is only for Medicare patients***

18.) What are the sleep rooms like?

Ans. We have 4 sleep rooms that we use for testing. Three of these rooms have full size beds. One of the rooms is equipped with a hospital bed. Two of the rooms were former patient rooms and have large windows with blinds. They also have bathrooms with showers. The other two have bathrooms, but no windows and no showers?

19.) Are my valuables safe?

Ans. Yes, the sleep lab is located on a locked down wing of the hospital. The doors are locked at 9pm by security who regularly patrol the areas.

20.) Even though the Sleep Center verified my benefits, should I still call to check with my insurance company regarding my coverage?

Ans. Yes, you should always contact your insurance company whenever a medical test is requested by your physician; even if benefits were previously quoted to you by the healthcare facility. Your insurance card should have a member services number on it or a web site that you can go to when checking benefits. The only folks this does not apply to are direct Medicare recipients. Medicare covers outpatient testing at 80%. The other 20% is filed to a secondary insurance if available or to the patient. If you have a Medicare HMO, PPO, or POS replacement plan, we do advise you to call just to make sure you are quoted the same benefits that the hospital has been quoted. You are responsible for knowing your insurance benefits. **Procedure/test codes for sleep are 95810** – Initial (1st time sleep study) **95811** for CPAP Titration study (second study done after 1st test proves positive for sleep apnea).

If this Q and A form did not answer your question(s), please call me at 770-385-4159 between the hours listed above and I will do my best to get you the appropriate answer.

Thank you,
Tracy Garner – Sleep Center Coordinator
770-385-4159