



Ordering a sleep study

Ordering a sleep study can be done in two ways:

- Print a referral form off of the McLaren Greater Lansing web site physician page. Then fax the order form to us at (517) 975 3390.
- Call the office and schedule your appointment, (517) 975-3387.

Consultative services

All physicians are welcome to order sleep studies for their patients, but we offer other options as well:

- At your request, your patient may be seen by one of our physicians for a comprehensive clinic interview and review of the patients' sleep and medical history, symptoms and sleep patterns PRIOR to any sleep study to determine whether diagnostic sleep testing would be beneficial.
- Also at your request, our physicians will do a one-time follow-up, appointment or continuous follow-up appointments to support your patient regarding any treatment recommendations that the patient has elected to utilize.

Lab studies

Most patients arrive for a study at the lab in the evening, although we do run studies during the day for those patients who routinely sleep during the day (such as patients who work the night shift). Patients are usually in the lab for approximately 10-12 hours (six-seven hours in bed recorded). Studies are run five days a week, Sunday night through Thursday night, and we are hoping to offer in-home studies in the future.

Comfort

The center is designed to make you feel comfortable— whether stopping in for a short clinical visit or staying all night. Bedrooms have soundproofing, light-blocking window shades, a heavenly queen size bed, fans and a private bath. We encourage patients to bring their own familiar pillows, stuffed animals or blankets that will help them feel more comfortable.

The Sleep and Alertness Center

The area's most comprehensive, hospital-based program



The Sleep and Alertness Center is located on the second floor of McLaren Orthopedic Hospital.



2727 S. Pennsylvania Ave. · Lansing, MI 48910
(517) 975-3375

mclaren.org/lansing





All of us are poor judges of our sleepiness at any given time. If you are not as awake and alert as you want or need to be during the day, you should examine the quality and quantity of your sleep.

- Have you ever had an accident (or near accident) at work or while driving due to drowsiness?
- Have you ever fallen asleep while driving?
- Do you snore?
- Do you need a nap in the middle of the afternoon?
- Do you sleep longer on weekends or holidays?
- Do you have difficulty sleeping during the night three or more times a week?
- Do you ever feel unpleasant tingling, creeping or nervous sensations in your legs when trying to sleep?
- Do you have restless sleep or insomnia?

If you answered “yes” to any of these questions, the Sleep and Alertness Center may be able to help.

For the patient who has been referred to our sleep center:

We have a patient questionnaire and sleep diary on our web site, mclaren.org/lansing, which can be filled out and submitted electronically or printed off for the patient to bring with them.

Our scheduler will contact the patient, schedule the appointment, and notify you of the date your

patient is scheduled. If the scheduler is unable to contact your patient, or your patient is unwilling to schedule, our office will let you know. Most studies are scheduled within a few weeks. However, if you have a critical patient whom you wish to have studied sooner, be sure to inform us so we may place them on our call list immediately and offer them any openings due to cancellations that may occur. Just let us know how we might help.

Welcome to The Sleep and Alertness Center

The Sleep and Alertness Center has been fully accredited by the American Academy of Sleep Medicine (AASM) for more than 20 years. We recently upgraded our computer software to be compatible with the newest guidelines set forth by the AASM and the current trends in the sleep field.

Services focus on identifying many common sleep disorders including, but not limited to:

- Obstructive sleep apnea
- Narcolepsy
- Periodic limb movements
- Restless leg syndrome

We provide services for all adults and children two years of age or older. A parent or guardian is required to stay with children younger than 13 years old.

Experienced staff

Our staff consists of board-certified sleep physicians and registered polysomnographic technologists with more than 85 collective years of knowledge in the sleep field. In fact, many staff members regularly participate in national and international conferences and projects. The staff at The Sleep and Alertness Center prides itself in the ability to create a friendly and welcoming atmosphere among high-tech equipment. We make everyone’s visit a personalized and professional health care experience.