

McLAREN SLEEP DIAGNOSTIC CENTER

Beech-Hill Centre • G-3200 Beecher Road, Suite zZ^Z • Flint, MI 48532 • (810) 342-3900

Dear Patient:

You have been scheduled for a **sleep study** to begin at _____ A.M./P.M.,
on _____.

You have also been scheduled for a second appointment for a CPAP Titration which may be cancelled depending upon the results of your first study. You will keep this appointment unless contacted by our Center for cancellation.

Your **CPAP appointment** is at _____ A.M./P.M., on _____.

Please do not arrive prior to 8:00 pm as the building will be closed.

Your insurance requires a minimum of 6 hours of testing time and it will take approximately 1.5 hours to prepare for the study and a half an hour for disconnect. This totals an 8 hour minimum visit time.

Please contact us if you need to change your arrival time or date to allow for this testing time.

If you are excessively sleepy, driving may be dangerous. Please make arrangements to be dropped off and picked up from your sleep studies if you are excessively sleepy or anticipate difficulty sleeping during your study.

To minimize noise, we try to begin all sleep studies no later than 11:30. If your bedtime is usually much later, please plan on waking early the day of your sleep study appointment to accommodate the earlier bedtime.

If you did not complete a sleep questionnaire at your physician consult, we have placed one in the packet. Please complete as soon as possible and return in the envelope provided. If your sleep study is only a few days away, just complete and bring the questionnaire with you.

When entering the BeechHill Centre, you will circle toward the left. You will enter through the double doors into the vestibule. You will press the intercom to alert the staff of your arrival. The technician answering your call will ask your name and the door will be released for you to enter. Continue straight ahead to Suite **ZZZ**. A technician will meet you and escort you to your private room. Sleep testing is a painless procedure and you need not be apprehensive. If you have any questions or concerns, please feel free to contact our center at (810) 342-3900.

How to Prepare

1. Shower, shave and shampoo hair. Beards and mustaches are acceptable, but stubble is difficult to attach electrodes to. Do not use any oils and minimal conditioners, or cream rinses. Clean dry hair and skin is imperative for good test results.
2. Eat a normal evening meal.
3. Avoid caffeine after 5:00 p.m.
4. Continue your normal medications unless instructed otherwise by your physician.

What to Bring

1. Bring proper sleeping attire and any toiletries you will need (toothbrush, toothpaste, etc.). Comfortable shorts and a T-shirt are acceptable as sleepwear. It is recommended that you also bring a robe and slippers. If you are scheduled for the day portion of the study (Multiple Sleep Latency Test), you will need comfortable daytime attire to nap in. Many find that sweat suits work well.
2. We have Vernors, fruit juices, graham crackers, saltines and granola bars. You are welcome to bring a light snack and/or beverage from home, avoiding those with caffeine. If you are remaining for the daytime nap studies, breakfast and lunch will be provided.
3. If you will be with us for the day study, you may want to bring a DVD, book, crossword puzzles, needle work, etc. to busy yourself between naps.
4. **Bring any medications you are required to take.** If you are unsure if you should continue your medications for the study, please discuss your concerns with your referring physician. We are an out-patient testing facility. **We cannot provide nursing care or medication.** Oxygen will be available in your room as needed.
5. **If you require a caregiver, you must bring him/her with you for the study and give prior notification so we may make any necessary bedding arrangements.** If you take a sleep aid, please bring it with you. Also bring any over the counter medication you might need.
6. Some patients feel more comfortable bringing their own pillow or favorite blanket and you are welcome to do so.

What to Expect

1. When you arrive we will make a copy of your driver's license and insurance card.
2. Then you will be shown to your room where you will review and sign your patient registration form.
3. Your head will be measured for the placement of EEG electrodes that will monitor brain activity during sleep. These electrodes will be attached with glue or paste. This will allow us to monitor for stages of sleep and any other notable activity.
4. Several electrodes will be placed on your face, by your eyes and chin. This will allow us to determine eye movements in REM sleep and any bruxism (teeth grinding). The chin leads will also assist in determining REM by monitoring muscle tone.
5. Airflow will be monitored by a thermocouple or pressure transducer, small devices that will be placed at the opening of your nostrils.
6. A small snoring microphone will be taped to your neck to monitor snoring.
7. EKG electrodes will be placed upon your chest to monitor your heart.
8. Two respiratory belts will be placed around your torso to monitor respiratory effort.
9. Electrodes will be placed on your legs to monitor leg movements.
10. An oximeter will be placed on your finger to monitor your oxygen level throughout the study. Dark nail polish will interfere with this device and should be removed.

Patient hook up takes approximately one hour. Many patients wonder how they will be able to sleep with all the monitors attached to their body. Rest assured that aside from being a new sensation, the leads should not interfere with your sleep. The leads are plugged into a mini jack box. This jack box is then plugged into a cable. **Any time you need to get out of bed, you will simply let the technician know you need to get up and he/she will come in to disconnect the cable.**