



YOUR PHYSICIAN HAS REFERRED YOU FOR A SLEEP STUDY

A sleep study is a non-invasive, overnight exam that monitors you while you sleep to see what's happening in your brain and body. For this test, you will go to the McLaren Macomb Sleep Center for an overnight stay.

While you sleep, an Electroencephalogram (EEG) monitors your sleep stages and cycles. An EEG is a test that detects abnormalities in the electrical activity of your brain. A sleep study will also measure things such as eye movements, oxygen levels in your blood (through a sensor placed on your finger), heart and breathing rates, snoring, and body movements. The data from your sleep study will usually be taken by a technologist and later evaluated by the sleep specialist/pulmonologist.

Scheduling this procedure:

The first step is to be evaluated by the sleep specialist/pulmonologist. Your doctor has made this referral, and you will be called in two business days for an appointment.

Your appointment will be at either of these office locations:

Pulmonary & Critical Care Associates
50505 Schoenherr Road, Suite 290
Shelby Township, MI 48315

Pulmonary & Critical Care Associates
25689 Kelly Road
Roseville, MI 48066

After that consultation, you will be scheduled for a sleep study. You will receive a call within two business days from the McLaren Macomb Sleep Center, located at the hospital to schedule your test.

Once your test is completed, it may take up to two weeks to receive your test results, doctor recommendations, and next steps. All test results and recommendations will be shared with your primary care provider.

Important Phone Numbers:

Pulmonary & Critical Care Associates: (586) 314-0080
McLaren Macomb Sleep Center: (586) 493-2544



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