

Patient's Name: _____

Appointment Date: _____

Appointment Time: 7:30 p.m

Location: Carolina Sleep Center (come in through side door of Cardiac Wellness Specialists)

Instructions: Please Read Carefully

You have been scheduled for an overnight sleep study (polysomnogram/CPAP titration) at Carolina Sleep's Sleep Center. On the evening of your Sleep Study, please park on the right side of the building. You will need to enter through the door with the black awning in the event that the door is locked please ring the doorbell. **Please arrive at The Sleep Center no later than 8:00 p.m. on the day you are scheduled. If you do not arrive on time or have not notified the center that you will be arriving later than 8:00 p.m, your study will be rescheduled and there will be a \$300 fee incurred.** The technician will awaken you at approximately 5:00 to 5:30 a.m. the next morning or later depending on the start time of your test. You will be allowed to go home at this time unless additional testing is indicated (Multiple Sleep Latency Test). If this additional test is needed, your test will be over by 4:00 p.m. the next day. If you elect not to stay for this test (MSLT), then you will need to repeat both tests at a later date if deemed necessary by your physician. If you should stay for the MSLT, breakfast and lunch will be provided for you.

Things you Need to Know

- A representative from the sleep center will call you prior to your test to confirm your appointment. **Your study must be confirmed by 12:30 p.m. the day before your test, if not, it will be cancelled and you will be charged a \$300 cancellation fee. If you need to cancel, YOU MUST PROVIDE 48 HOURS NOTICE or you will be responsible for the \$300 fee.** (You are responsible for this fee, not your insurance provider and you will not be able to be seen until this fee is paid). You may contact us by phone at (252) 565-8998.
- Things to bring on the night of your test:
 - All medications you are currently taking (prescribed, supplements & over the counter)
 - Comfortable sleepwear
 - Insurance cards and any payments due
 - Personal Pillow
 - Toiletries

The Sleep Center Does Not Provide Any Type of Medications

- **Do not nap on the day of the study. Do not have caffeine after lunch the day of your study. Eat your dinner before you arrive.** Please shower and wash your hair before the test. Do not apply body lotion, hair gels or oil. You may use deodorant.
- **Family members and/or friends are NOT permitted to stay in the patient's room or The Sleep Center overnight, except in special cases such as small children or disabled persons needing assistance.** We can provide you with information on hotel accommodations in the area if requested.
- The sleep study (polysomnogram) is done on an outpatient basis, if you have any questions or concerns regarding your insurance coverage, you should contact your insurance representative prior to the test. Carolina Sleep, P.A. billing department verify your insurance coverage once the

test is scheduled. To avoid any unexpected charges, please notify Carolina Sleep, P.A. of any insurance changes.

- If you must cancel or reschedule your appointment, we kindly ask that you notify Carolina Sleep Scheduling Department by calling (252) 565-8998 by 12:30 p.m. the day prior to your scheduled appointment. Failure to provide notification may result in a \$300 cancellation fee.

If for any reason you cannot make your appointment, it is very important that you notify us as soon as possible at (252) 565-8998 or 565-8989.

Sleep Test Information

A sleep study (Polysomnogram) is a diagnostic test in which the length and quality of your sleep are measured and analyzed. Measurements recorded while you sleep included: EEG or brain wave activity (small monitors on the scalp), EKG or heart rate and rhythm (monitors on the chest), eye movements (small monitors on the temple), breathing effort (belts placed around the stomach and chest) and blood oxygen levels (small sensor attached to the finger).

A CPAP Titration CPAP stands for continuous positive airway pressure, and a CPAP titration study is the process that our sleep center goes through to fit someone with sleep apnea with a CPAP machine. The CPAP machine is a small pump that pumps room air through a mask and into the nasal passages of a person with sleep apnea, and this opens up the breathing pathways to allow for a deeper sleep. No caffeine allowed during this testing.

The Multiple Sleep Latency Test (MSLT) will give you the opportunity to take five short naps at two-hour intervals starting in the morning around 8:00 a.m. and ending around 4:00 p.m. The technician will awaken you at the end of each nap. You will need to stay awake during the period between naps. No caffeine allowed during this testing.

What to expect

You will have a private room with a television. After filling out some questionnaires and changing into your night clothes, the technologist will attach the monitors for recording your sleep using an adhesive. You may read or watch television until you are ready for bed.

You will have contact with the technologist at all times by an intercom to assist you with any needs, (i.e., go to the bathroom; get something to drink, etc). In addition, he/she will be observing your sleep through a small camera so that your sleep positions and/or movements can be recorded. The technician will awaken you at approximately 6:00 a.m. You will be allowed to go home at this time unless an MSLT has been ordered. You would have been notified in advance if you are required to stay for the additional testing.

Questions or Concerns

If you have any questions or concerns regarding your sleep study, please do not hesitate to call us. You can reach us by calling Carolina Sleep; our representatives are always ready to assist you.

Scheduling Department
(252) 565-8998

Sleep Center
(252) 565-8989