

Dear Client,

You have been scheduled for a sleep study (polysomnogram). Please keep the accompanying appointment card handy. You are required to give 48 hours notice if you cannot keep this appointment. **Failure to keep your appointment or provide timely notice will result in a noncancellation charge of \$150.00. This charge will be your responsibility and will not be billed to your insurance.**

### **WHAT TO EXPECT DURING YOUR STUDY**

You will have a private bedroom with a queen-sized bed in which to sleep. A trained sleep technician or polysomnographer will be present in an adjoining room throughout the test and will monitor you by computer. The technician will connect electrodes, which are designed to record various parameters while you are asleep. This is not painful or uncomfortable. We suggest that you bring a book or magazine to read, or you may watch television during this part of the procedure. You will be going home at approximately 6:30 a.m. the following morning.

### **CPAP (CONTINUOUS POSITIVE AIRWAY PRESSURE)**

CPAP is a device that provides a flow of air into your airway via a mask. You will be introduced to this during the initial orientation to the procedure. This device may be employed during the study to evaluate its effects upon your breathing. You are not to assume that the use of this device implies that you have sleep apnea.

### **HOW TO PREPARE FOR YOUR SLEEP TEST**

Please complete and return the enclosed sleep questionnaires at your scheduled appointment. Before your study, you will need to shower and wash and dry your hair. **DO NOT USE** conditioners, hair sprays, oils or make up. This will assure that the electrodes make good contact with your skin. Follow your normal evening routine. Check with your physician regarding any medications. We normally recommend that you maintain your usual schedule regarding any medication administration. Please complete the medication list included in this packet. **DO NOT** exercise, drink alcohol or caffeinated beverages within eight hours of the test, and avoid taking naps for a day or two before the test. Bring your sleep wear and any item that might make you more comfortable during your night's stay with us. You may bring your own pillow if you wish. Leave any valuables and jewelry at home. You will want to schedule a follow-up call or visit to your doctor about two weeks after your test. If you feel you will be unable to sleep the night of your test, you may contact your doctor regarding the use of a sleep aid that will not interfere with the testing procedure.

### **INSURANCE BILLING**

Please be advised that it is your physician's responsibility to obtain any required insurance authorization. It is your responsibility to understand the terms and payment under your insurance plan and any co-pay and deductible obligations. Also, the sleep laboratory will bill your insurance for the technical study only. A medical interpretation of this study is required from a pulmonary physician. A separate bill for this interpretation will be forwarded to your insurance company. Any fees not covered by your insurance will be your responsibility.

Thank you. We look forward to meeting you, and if we can answer any other questions, please do not hesitate to call.