



WHAT TO EXPECT THE NIGHT OF THE SLEEP STUDY:

The room where polysomnography is done is similar to a hotel room. It is dark and quiet during the test. You do not share the room with anyone else. The room has its own bathroom.

The room has a video camera. The polysomnography technologist monitoring you can see what is happening in the room when the lights are out. It also has an audio system so they can talk to you and hear you from their monitoring area outside the room.

After you get ready for bed, one of the technologists places sensors on your scalp, temples, chest and legs using a mild adhesive or tape. The sensors are connected by wires to a computer. The wires are long enough to let you move normally in bed. A small soft clip also is placed on your finger to monitor blood oxygen levels.

While you sleep, a technologist monitors your brain waves, eye movements, heart rate, breathing pattern, blood oxygen level, body position, limb movement and snoring or other noise you may make while you sleep. These measurements are recorded on a continuous graph along with video and audio.

Polysomnography technologists monitor you throughout the night. If you need assistance, you can talk to them through the monitoring equipment and the technologist will come in the room. If you need to get out of bed or use the restroom, please do not get up by yourself. The technologist will come in and disconnect you from the computer.

During the study, the technologist may have you try a positive airway pressure (PAP) machine for sleep apnea. This is a device that consists of a tight-sealing mask through which a gentle stream of air is delivered continuously to enhance your breathing. If necessary, oxygen also may be used during the study.

In the morning, the sensors are removed, and you may leave the sleep center. If you wish to shower in the morning, bring your toiletry items including shampoo and soap.

In order to track our patient's satisfaction, you may receive a letter in the mail to fill out a survey regarding your care from Faith Regional's sleep lab. Please keep in mind that these surveys are completely confidential and will help us to track patient experiences in the sleep lab. We value your feedback to change or improve on processes in place.



SLEEP DISORDER CENTER

Medical Offices West Building
110 North 29th Street, Suite 203
Norfolk, Nebraska 68701
402-644-7404

PATIENT INSTRUCTIONS FOR DAY OF SLEEP STUDY

Following these instructions will assist us in providing you the best sleep study experience possible.

1. Please arrive at your scheduled appointment time noted on your appointment letter. You are coming to the Medical Offices West building. You may park anywhere in the parking lot North of the building. There is handicapped parking available up front. You will enter the lobby doors by the circle drive.
2. **The lobby doors are locked after 6:00 p.m. Use the call button located on the brick pillar to the east of the lobby doors to notify the sleep staff you are here for your appointment.** The sleep staff will unlock the doors so you can access the building. Walk past the water fountain. The elevator will be to your right. Take the elevator to the second floor. The sleep lab is on your right at the end of the hallway. You are pre-admitted so you will not need to separately register for the study.
3. Please bring the following:
 - Your insurance card and/or Medicare card and a photo I.D.
 - A list of your medications including vitamins and supplements you have taken in the past 10 days
 - Pajamas and any toiletry items you may need for nighttime/morning routines. Please let us know if you would like to shower in the morning as showers are available.
 - Your pillow from home. The average patient sleeps better with their own pillow.
4. Instructions for day of study:
 - Please shower/bathe prior to your appointment. Avoid using mousse, gels, hairspray, oils or moisturizers after showering. Clean scalp/hair allow for better conductance for the electrodes we place. Please no makeup, jewelry or fingernail polish. We ask males to shave or trim facial hair prior to coming in for testing.
 - **PLEASE DO NOT NAP THE DAY OF TESTING**
 - Limit yourself to only one cup of coffee/soda in the morning and no caffeine after 10:00 a.m. This includes pop, tea and chocolate. Also, avoid excess sugar on the day of testing.
5. Night testing ends at approximately 6:00 a.m. the next morning. If you have additional daytime testing following the nighttime study, this ends at 5:30 p.m.

We look forward to seeing you. It is our goal to provide an excellent experience for you. Please let us know if there is anything we can do to create a better experience for you.



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YOU ARE HAVING A SLEEP STUDY

An overnight sleep study or a home sleep apnea study has been ordered by your physician. Now what happens?

- The sleep lab will call you to schedule your test.
- Prior to scheduling your test, the sleep lab will verify your insurance and preauthorize your test. Getting preauthorization can take up to 3 weeks for your insurance company to process. Some insurance companies do not require a preauthorization so your study could be scheduled within 3-5 business days.
- If your test was preauthorized, this is not a guarantee of payment by your insurance company. You will need to check with them directly to confirm payment and coverage.
- Prior to coming in for your test, please review directions for the “Patient Instructions for day of Sleep Study” in your instructions packet.

It may take 10-14 days to receive your results from your sleep study. A board-certified sleep specialist will review the data and include his interpretation and recommendations in a report that is sent to the ordering provider.

- You will receive a telephone call from the ordering provider’s staff and follow up care and appointments will be arranged at this time.
- It is important for you to keep your follow up appointments. This will also ensure you are receiving optimum care and treatment for your sleep disorder.
- If CPAP is ordered for you to use at home, you must follow certain guidelines for your insurance to cover this service. Compliance checks are done periodically to ensure you are using your machine.
- During your follow up clinic visit a treatment and progress report will be downloaded from your CPAP machine. The clinic visit needs to take place within 60 to 90 days from the date your CPAP machine was set up. This is a mandatory requirement from insurance companies and Medicare.
- It is especially important within the first few days of your CPAP set up to notify the Sleep Lab or Sleep Clinic if you are having any problems with the CPAP therapy.



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APPOINTMENT NOTIFICATION AND INSTRUCTIONS

Welcome to the Faith Regional Health Services Sleep Disorder Center. Our center is located in the Faith Regional Medical Offices West building at 110 North 29th Street, Suite 203, Norfolk, Nebraska. The parking lot entrance is off 29th Street west of the hospital.

- Enclosed are instructions and information that you will need for your study. In order for us to provide you the best sleep experience possible, it is important that you read and follow our sleep day instructions. If you have any questions, please call us in advance at (402) 644-7404.
- The scheduled date and time are listed below. If you are unable to make your appointment, please call the Central Scheduling Department at (402) 644-7121 immediately to reschedule.
- After you sleep study is completed, a preliminary report will be generated by a Registered Sleep Technologist and then sent to the Sleep Specialist physician for the interpretation of the final report. This process takes approximately 10-14 days. The report will be sent to the physician who referred you for the study. That physician's office will contact you to discuss the results of your study and/or arrange follow-up appointments if necessary. If you have had a CPAP Titration Study, the ordering physician will arrange equipment pick up through a home care company and follow-up appointments.

PLEASE NOTE: Your sleep study will be performed by our experienced sleep staff, but your technologist cannot provide you any immediate results from your test. This must come from our sleep specialist physician who will produce a final report for your referring physician within approximately 2 weeks.

- We encourage you to call with any questions. We will call you prior to your study to confirm your appointment. It is our goal to provide an excellent experience for you so please let us know in advance if there is anything we can do to make your stay more comfortable. If you have a medical condition (i.e. diabetes, epilepsy, angina, etc.) or special circumstance (i.e. physical disability) that may require special needs during the testing process, please contact us promptly.

We look forward to seeing you soon.

Sincerely,
Angie Liston, RRT, RPSGT, Abby Lodge RRT, RPSGT
FRHS Sleep Disorder Center

YOUR SLEEP STUDY IS SCHEDULED FOR: _____