

1. Avoid stimulants such as caffeine after 4:00pm the day of your sleep test. Caffeine is commonly present in most soft drinks, coffee, tea, and chocolate. If you aren't sure please check the label for ingredients.
2. Please make sure that your hair and skin are free of oils and lotions. Avoid applying makeup or fingernail polish before the test, as these will interfere with the testing devices ability to record signals.
3. To monitor your brainwaves, we will be applying electrodes to your scalp with a paste. Women should avoid getting their hair done just before the test. For male patients, please be sure to shave prior to testing. This does not apply to full beards, mustaches, or goatees.
4. Unless otherwise instructed, continue to take whatever medications your physician has prescribed for you. If you will need medications during the study make sure you bring them along, as we will not have any available for you.
5. If you need supplemental oxygen, let us know so we can make arrangements to have it on hand. Nursing services are not provided.

INSTRUCTIONS FOR NIGHT OF YOUR SLEEP STUDY:

- Comfortable nightclothes such as pajamas, robe, slippers, etc.
- Toiletry items such as toothbrush, toothpaste, etc. (whatever you would take along on an overnight stay anywhere else).
- The enclosed sleep questionnaire
- Your insurance card and any referral forms
- State Identification Card (drivers license, etc..)
- A list of all medications you are currently taking. Bring along any you may need the night of your test, as mentioned above.
- Bring your own snack, drink, etc...
- Your own pillow if you have a preference.
- Avoid caffeine after 4:00 pm on your study date.
- Avoid alcoholic beverages the day of your study.
- If you are not driving, please arrange for transportation from the facility *between 5:30-6:00am*

If you are being scheduled for a diagnostic sleep study:

This testing will involve an overnight stay at the sleep lab. During your sleep study you will have various wires and monitoring devices attached to you which will allow us to observe how well you sleep and how well you breathe while you are asleep. This testing is non-invasive, meaning that all of the devices and electrodes that will be attached to you will be taped or glued on. You may move around in bed and sleep in whatever position is comfortable for you. There will be an intercom to allow you to talk to the technician who will be in a separate recording room. Getting up during the test to use the washroom is easily done. You will not be given any medications to induce sleep. When the test is over in the morning, the monitoring devices will be removed from you and you can return home or go to work.

If you are being scheduled for a Therapeutic sleep study with NCPAP (nasal continuous positive air pressure):

A common treatment for obstructive sleep apnea (OSA). This device will allow you to breathe freely while asleep by taking filtered room air and delivering it under pressure through a hose to a mask placed on your nose. By increasing the background pressure in your upper airway, the walls of your throat are prevented from collapsing – which is what occurs with OSA. The pressure necessary to accomplish this varies with each person and a sleep study is needed to determine the best pressure for you. This testing will involve an overnight stay at the Sleep Center.

There are a few rules we ask that you follow to ensure that the test is successful:

Try not to take any naps the day of your sleep study. This may be difficult for some, but the sleepier you are, the more easily you will fall asleep for us. It is not necessary to stay up the night before the test to make sure you are sleepy enough, as most people adapt fairly quickly to the monitoring devices and fall asleep without difficulty.

If you are being scheduled for a Multiple Sleep Latency Test (MSLT)

1. The daytime test starts 1 ½ to 2 hours after waking from your nighttime sleep. You will be given 4 or 5 nap periods to sleep. Each nap will last 15 to 35 minutes and will be scheduled every two hours.
2. You should have comfortable clothes to lounge around in. Television will be available, but you may wish to bring something to read or work on during the interval between naps.
3. Lunch is provided and breakfast for those patients who have a sleep study the night prior. After the last nap, the monitoring devices will be removed from you and you can return home. You should plan on testing to last until approximately 5pm.

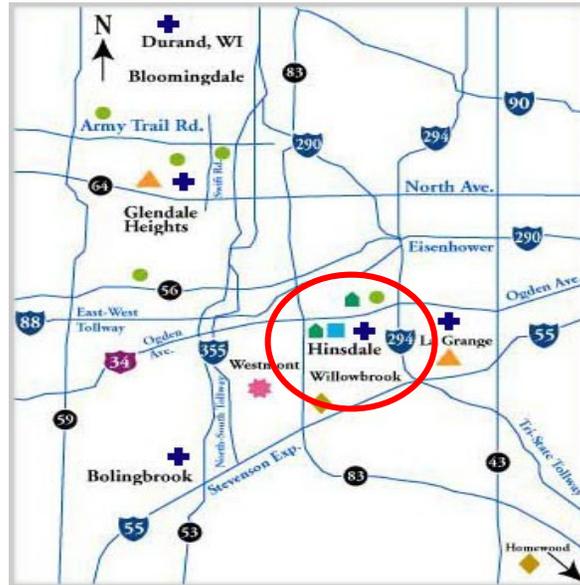


Any questions regarding your test results need to be addressed to your physician not the sleep technologist

6. When your test is completed, the data we have collected will be analyzed and one of our board certified sleep specialist physicians will interpret the findings and prepare a multi-page summary of their impressions and recommendations for your physician.
7. Because of the amount of data and the time required to analyze it, we will not be able to give you detailed results immediately, but you would be able to follow up with your physicians who referred you for this study in less than a week.
8. You will have to call your insurance company to see if this test needs to be pre-certified. The sleep study is considered an outpatient procedure. Please be prepared to provide our Registration Department with your health insurance information, even if you have already provided the information during the sleep center scheduling process. You will receive a bill from the hospital for the sleep study.
9. The test interpretation will be prepared by a sleep specialist, who will bill you separately for their interpretation services. Generally, your insurance carrier will cover these charges unless your policy has an exclusion for sleep disorders.
10. Questions regarding insurance coverage need to be answered by your insurance provider and should be done prior to your testing.

If you have any questions about these guidelines or any other questions relating to your visit to the Sleep Center, please do not hesitate to call us at
630-590-2331
 or visit our website
www.AmericasSleepNetwork.com
 To see a demonstration on a sleep study visit www.my-emmi.com/asn

Adventist Hinsdale Hospital Sleep Disorders Center



**Directions to our Sleep Lab located at:
Adventist Hinsdale Hospital
120 N. Oak Street – Hinsdale, IL 60521**

North – Take 294 South to Ogden Avenue West exit travel on Ogden until you get to Oak Street 1st stop light. Make a left on Oak. Travel down Oak until you get to the end and make a right on Hickory Street. Once on Hickory make a quick turn left on Elm Street. Travel down to Elm and enter in the Emergency Room entrance parking lot or the South parking lot.

South – Take 55 to County Line Road North. Take County Line Road, to Chicago Avenue (47th street) and turn left 1 block to Oak Street. Go over the one lane bridge. The hospital is on the left pull in the Emergency Room parking or the South parking lot.

East – Head West on Ogden Avenue and take it down to Oak Street. Make a left on Oak and travel down until you get to Hickory Street. Turn right on Hickory and make a quick left on Elm Street. Travel on Elm until you see the Emergency Room entrance and park in that lot or in the south parking lot

West – Head East on Ogden Avenue and take it to Oak Street. Make a right on Oak and take it down to the end, which is Hickory Street. Make a right on to Hickory and make a quick left on the Elm Street. Travel on Elm until you see the Emergency Room entrance and park in that lot or in the South parking lot. campus.



Adventist Hinsdale Hospital

Keeping you well

Sleep Disorders Center

Located at:
Adventist Hinsdale Hospital



Dear Patient:

Hinsdale Hospital would like to welcome you into our sleep disorders program.

Your appointment is scheduled as follows:

Patient Name: _____

Sleep Study: _____

Multiple Sleep Latency Test: _____

(If applicable)

Referring physician: _____

Adventist Hinsdale Hospital - Sleep Disorders Center will be performing the sleep studies on Location.

Please arrive at 8:30 pm enter through the Emergency Room Entrance.

If you are not driving, please arrange for transportation following your study between 5:30am—6:00am.