

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*

**815-277-3979**

or visit our website

[www.AmericasSleepNetwork.com](http://www.AmericasSleepNetwork.com)

To see a demonstration on a sleep study visit [www.my-emmi.com/asn](http://www.my-emmi.com/asn)

**Valley West Hospital  
Sleep Disorders Center  
111 East Pleasant Avenue, Sandwich, IL 60548:**

### Driving Directions

Valley West Hospital is on the northeast corner of the Main Street/Pleasant Avenue intersection. The main entrance is off the north parking lot.

#### From the East on Route 34

Going west on Rt. 34 drive into Sandwich to the 2nd stop light (Main Street). Turn right (north). Drive for one mile to Pleasant Avenue.

#### From the West on Route 34

Going east on Rt.34, drive into Sandwich, going to the second stop light (Main Street). Turn left (north), driving one mile to Pleasant Avenue.

#### From the East on I-88

Driving west on Rt. 88, exit at Sugar Grove/Rt. 56/Rt. 47 south, driving four miles to Rt. 47. Turn right on to Rt. 47 and take it south to Rt. 34, a distance of about 8 miles. Turn right (west) on to Rt. 34. Proceed on Rt. 34 about 4 miles, through the city of Plano for about 4 miles more to Sandwich. At the second stoplight, (Main Street), turn right (north). Drive one mile.

#### From the West on I-88

Driving East on Rt. 88 exit at the DeKalb, Annie Glidden exit. Take the first right on to Fairview Rd. Driving east on Fairview Rd. go to the second stop sign. Turn right (south) on to Rt. 23 (4th Street). Take Rt. 23 south to Rt. 34. Turn left (east) on to Rt. 34. Rt. will take you directly in to Sandwich. At the first stoplight, turn left on to Main Street. Drive one mile to Pleasant Avenue.

#### From I-39

Going north or south on Rt. 39 exit on to Rt. 34 and follow directions from the west on Rt. 34.

#### From Route 47

From Rt. 47 North or South, turn west (right from the north, left from the south) on to Rt. 34 and follow the directions from the east on Rt. 34.

#### From Dekalb or Sycamore

Take Rt. 23 south to Rt. 34. Turn left (east) on to Rt. 34. Rt. will take you directly in to Sandwich. At the first stoplight, turn left on to Main Street. Take Main Street one mile north and Valley West is on the right side of the street.

#### From Chicago O'Hare International Airport

Take I-90 east out of the airport, exiting on to I-294 south. Continue on I-294 to the I-88 Aurora exit. Take I-88, passing all Aurora exits, and exit at Sugar Grove. Rt. 56/Rt. 47 south exit. Drive four miles to Rt. 47. Turn right on to Rt. 47 and take it south to Rt. 34, a distance of about 8 miles. Turn right (west) on to Rt. 34. Follow the directions for From the West Route 34 above.

#### From Chicago Midway

Go North on Cicero Avenue to I-88 West. Follow directions above From the East on I-88.



## Sleep Disorders Center

Located at:

# Valley West Hospital

Dear Patient:

Valley West 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: \_\_\_\_\_

**Valley West Hospital  
- Sleep Disorders Center is performing sleep studies on location, at 111 East Pleasant Avenue Sandwich, IL 60548**

**Parking is available at the Emergency Room Parking Lot.**

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

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