

Welcome from the Community Hospital Sleep Disorders Center located at the Residence Inn by Marriott. We are pleased you and your physician have selected us for your sleep study. Your physician has ordered a polysomnogram to help diagnosis your condition and establish a treatment plan. We hope the following information will be helpful in understanding the testing process.

Please bring with you the completed **Sleep Questionnaire** that is enclosed with this packet. If you have questions or concerns please feel free to call us any time prior to your sleep study at (970) 242-1845 or (970) 644-3442.

How to prepare for your visit

Please shower or bathe, making sure to wash your hair, before your appointment. Bathing removes skin oils making it easier to place the sensors on the skin. Men, please, also shave before you come. Sensors can be placed within a clean beard or mustache. You will be spending the night in a comfortable bedroom with all the conveniences of home. You will be our guest for approximately 10 - 12 hours and be ready to leave the Center by 7 a.m. Pack your belongings for an overnight stay including:

- Your usual bed clothes (preferably two-piece pajamas)
- Something to read or work on while awake
- Personal toilet items
- A change of clothes for the next day
- Any needed medications
- Your own pillow, if you prefer it
- **Please do not bring weapons of any kind with you to the sleep lab**

We provide for you towels, bedding, and private shower and toilet facilities.



What is a polysomnogram?

A polysomnogram is a test that measures various functions during your sleep. Tests will vary depending on the orders from your physician. Before you fall asleep a technician will attach small sensors to your body. Some of the monitoring during your study may include the measurement of:

- Brain waves (EEG)
- Heartbeat (ECG)
- Eye movements
- Muscle tone (EMG)
- Leg movements
- Breathing,
- Breathing effort and movement,
- Oxygen saturation level (SpO₂),
- Snoring

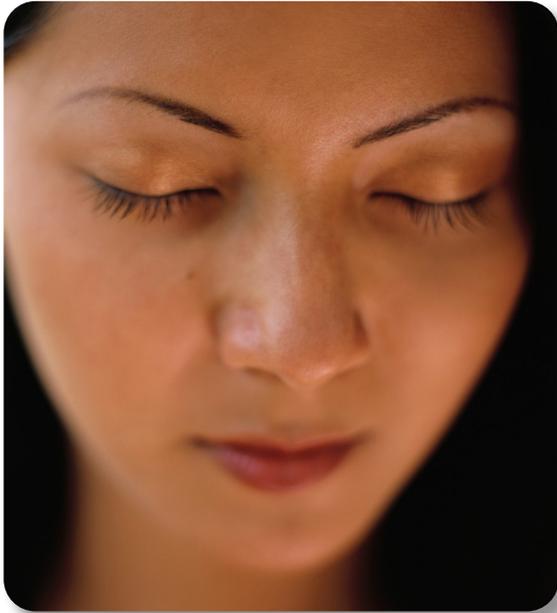
Medications?

Please continue taking all medications prescribed by your physician unless otherwise directed. Community Hospital Sleep Lab does not supply medications. **It is important to consume very little or no caffeine the day of the test if possible.**

Why record all these things?

During sleep the body acts differently than while awake. People who breathe normally while awake may stop breathing during sleep without realizing it. It is important to document these differences to help your physician in a diagnosis and treatment plan.

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Can I really sleep with these sensors on me?

We find that most people sleep surprisingly very well. The body sensors are applied so that you can turn and move during your sleep. Generally, you will not be aware that you are wearing the sensors after they have been on for a short time. We make the sleeping environment as comfortable and similar as possible to your home surroundings. Many patient-guests have told us that they actually sleep better during the study than at home. Remember that this is not a test, but merely a recording of what happens to your body as you sleep.

Do the sensing devices hurt?

It does not hurt to attach the sensors to your skin, they are taped on. You may experience some mild, temporary skin irritation or feel a slight sensation of warmth where the pulse oximeter device contacts your skin.

Is this test covered by health insurance?

Most health insurance plans cover the diagnosis and treatment of sleep disorders. Sleep studies are considered an outpatient procedure and for most patient-guests it is a covered benefit by their health insurance policy. However, every health insurance policy is different. It is important that you check with your company for exact details on your Sleep Study coverage. Many insurance companies require pre-authorization prior to testing, or they will not cover the expense. We are happy to provide you with detailed descriptions of the testing to assist you in the pre-authorization process. The physician who ordered your Sleep Study and their office staff are often willing to assist you with the pre-authorization process. If you have any insurance questions that we can help you with, please do not hesitate to call our Pre-Certification Administrator at (970) 644-3151.

What happens after my Sleep Study?

The information recorded from your sleep study will consist of approximately 1,000 pages of data. This information will be reviewed by a Registered Polysomnographer (RPsGT) and then interpreted by a physician on the Center's staff who is Board Certified in Sleep Disorders. The final report is then forwarded to your physician in approximately 15 working days. The information will then be used by your physician to make an accurate diagnosis and establish a recommended treatment plan.