



Regions Hospital®

SLEEP HEALTH CENTER

SLEEP STUDY PATIENT INSTRUCTIONS

You are scheduled for an overnight sleep study (polysomnogram) at the Regions Hospital Sleep Health Center, located in Maplewood, MN. Your sleep study is scheduled for the following date and time:

Date

Time

*****Cancellation fees may apply to any appointment cancelled within 2 business days*****
(Detailed cancellation information provided on page 4)

Your Sleep Study

A sleep study is a procedure which involves sleeping overnight in comfortable surroundings at our state-of-the-art Sleep Health Center in Maplewood. During the study, you will have several types of monitors attached to you. These monitors will give us information about your sleep patterns and allow us to diagnose several types of sleep disorders. A technologist will monitor your sleep through the night. **If your provider has ordered a Multiple Sleep Latency Test (MSLT) in addition to your overnight test**, you will need to stay the following day for up to a total of 24 hours.

Sleep Study Follow-Up

You will be handed an After Visit Summary (AVS) the morning after your sleep study that will outline the next steps in your sleep evaluation. Based upon the preliminary results of your test, you will be referred for one of the following:

- Positive Airway Pressure (PAP) treatment set-up visit with a home medical equipment provider **-or-**
- Additional sleep study testing to determine an effective PAP treatment setting **-or-**
- Office visit with the provider that ordered your sleep test (or other care team provider) to discuss the final results and treatment plan

Your sleep technologist will not be able to discuss detailed information in regards to your sleep study other than what is stated on the AVS. Your study must be interpreted by a Board Certified Sleep Specialist (physician) before the final results are available.



What to expect at the Sleep Health Center

- Our staff will greet you at the front desk and check you in. Please bring your health insurance card and a valid form of identification (Driver's License or State ID Card).
- A technologist (tech), volunteer, or other staff member will give you a brief tour of the facility and show you to your room.
- While in your room the staff member will explain any paperwork you need to fill out, orient you to the room, and go over what to expect during the study.
- You will be asked to get ready for bed. Once in your pajamas, the tech will place the monitors, explain the type of study that will be performed, and give you a demonstration of the positive airway pressure (PAP) equipment that may be used during your study.
- You will be asked by your tech to turn off any cell phones, pagers, computers, tablets, and other electronic devices you may have with you during your entire test. Any emergent calls can be placed to the Sleep Center at 651-254-8150, Option 3, and the tech will relay the message to you.

Your sleep study will start between 9:00 P.M. and 11:00 P.M. If you have a regular bedtime that is earlier or later than this, please let your tech know and we will try to accommodate you as best we can. All sleep studies must start by 11:30 P.M. at the latest; this is due to staffing and insurance coverage requirements.

What should I bring?

- Prescription and non-prescription medications including insulin and syringes (you will need to administer all of your medications yourself)
- Two-Piece pajamas (We **do not** provide gowns or other forms of bed clothes)
- Change of clothes
- Special pillows, blankets, toiletries, hair dryers, or other hygiene items that you may be used to
- If you currently use CPAP or Bi-Level PAP (BiPAP®) equipment, please bring **your mask, headgear, and chinstrap** (if you have one) with you to the Sleep Health Center. **You DO NOT need to bring your machine to the Sleep Health Center**

If your physician has prescribed a sleep aid for the night of your sleep study, you must have the prescription filled at your pharmacy before you arrive at the Sleep Center. Do not take this medication until after you arrive at the sleep center and are directed to do so by your tech.

If you forget any of your prescriptions or supplies (such as syringes) you will need to arrange to purchase them from a local pharmacy or have someone bring them to you.

We are not able to provide or dispense any medications, syringes, or other medical supplies.

Please, **DO NOT** bring any heating pads or electric blankets as these interfere with our sensitive recording equipment.



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What do I need to do?

PRIOR TO the day of your study:

- Notify the sleep center if you have any specific needs as soon as possible (see below)
- Complete the included sleep logs and bring these completed sleep logs with you the night of your sleep study

*****If you need to cancel your sleep study please call 2 business days prior to your test date to avoid a cancellation fee.*****

DAY OF your study:

- Eat supper before you arrive at the Sleep Health Center. The kitchenette is closed at night but will be open in the morning for you with an available light continental breakfast.
- **Do not** take any naps on the day of your study.
- **Do not** drink any caffeine after 12:00 Noon. This includes: coffee, tea, chocolate, cocoa, and soda. You may drink caffeine-free sodas and/or decaffeinated coffee.
- **Do not** drink any alcohol 12 hours before your sleep study, unless otherwise directed by your physician.
- **Wash and dry your hair** and face before the study.
 - **Men:** If you have a beard, it will not be a problem. If you are normally clean-shaven, please shave before you come to the Sleep Health Center.
- Please do not use any conditioner, gel, mousse, hairspray, or body lotions before your test.

Special needs

If you currently use any of the things listed below, reside in a skilled nursing facility, or have any other special needs, please call the Sleep Health Center **as soon as possible**:

* Wheelchair

* Personal Care Assistant

* Incontinence pads

* Oxygen

* Medication assistance

* Lifting devices

* Special bed

* Recliner

**If you have any questions or concerns,
please call the Sleep Health Center at: 651-254-8152**

Our regular business hours are Monday-Friday, 8:00 A.M. to 4:30 P.M. If there is no answer, please leave a message and we will return your call as soon as possible.

****To cancel or reschedule****

- If you need to cancel your appointment, please call the Sleep Health Center **as soon as possible** so that someone else may take your place. **A cancellation fee of \$250 may apply if you do not cancel at least 36 hours prior to your study.** That means for a night-time sleep study scheduled at 7:30 P.M., you will need to cancel by 7:30 A.M. the day before your study. This policy is in place because, for your study, we have assigned a highly trained technologist to be present for a total of 12 hours. It is very costly to our organization if we have to send this person home. In addition, there are a number of individuals who have severe sleep disorders, and if you cancel, this is a spot we could have used for that individual.
- If you are not at the Sleep Health Center by **8:15 P.M.** on the night of your appointment, and have not notified us, you may be canceled and another patient will take your place.

The Sleep Health Center is an off-campus outpatient department of Regions Hospital. Your insurance coverage or deductible may be different for a hospital-based service than for previous clinic services. If you have any questions about this, please contact your insurance company.

****Billing and Insurance Questions****

- If you have questions regarding insurance, billing, and/or possible co-payments related to your sleep testing appointment, please contact ***your insurance company*** directly. Your insurance company has the most accurate information concerning your benefits for this procedure.
- If you would like to obtain a price estimate for your proposed procedure, please contact the HealthPartners Cost of Care Line at 651-264-1034
- In addition to the facility charge for the sleep test, there will be an additional bill from the physician that interprets/reviews your sleep test. For questions regarding insurance, billing, and/or possible co-payments related to your physician review of your sleep test, please contact your insurance company and/or HealthPartners Patient Accounting at 651-265-1999

**Sleep Health Center and Room Amenities**

Your typical room at the Sleep Health Center will consist of a Select Comfort Sleep Number® Bed as well as a spacious bathroom. In addition, you are equipped with wireless internet (WiFi) access, phone, flat screen TV, and additional seating.

For breakfast, we have a patient kitchenette which includes pastries, juice, coffee, cereal, and other morning snacks.