

## Athena Medical Clinic and Sleep Medicine Associates

### Sleep Study Instructions

As a courtesy, our office will contact insurance for benefits, eligibility and precertification for sleep studies. **Benefits quoted are an estimate and not a guarantee of payment.** It is advised that patients check with their insurance with any benefit and payment questions prior to scheduling/proceeding with sleep study procedures and DME supplies. **The Patient/Guarantor is responsible for payment on the account.**

**For cancellations, we must receive a 48 hour (Business Day) notice; if this is not received, there will be a \$250 charge.** We take your appointment time seriously; a Tech is assigned for *your* Sleep Study. Ring the door bell on the right side of the door; the Tech will open the door for you. If you do not drive, arrange for your driver to pick you up at 5:00am – 5:30 am.

**If you do not speak English, you should have a translator present for the entire study.**

Pediatric patients: one adult family member must stay with the child for the duration of the study.

On the day of your test, please remember the following tips to make your study more effective:

- Wash your face and hair; remove makeup, oils, hair spray and gels.
- **If Applicable, PLEASE BRING YOUR OWN MASK, HOSES AND CONNECTORS!!**
- **Remove nail polish and artificial nail from your Index finger** (Home Sleep Test included).
- Bring loose, comfortable sleep wear (nothing silk or satin).
- Pillows are provided but you may bring your own.
- The Sleep Tech will put a paste in your hair that has the consistency of Crisco. **Therefore, DO NOT GET YOUR HAIR DONE PRIOR TO THE SLEEP STUDY.**
- **Any hair weaves, dreadlocks, braids, hairpieces, or other means of artificial hair covering, that affects the ability to attach electrodes to the scalp, are NOT ALLOWED.**
- Men need to be clean shaven.
- Avoid naps during the day of your study.
- Arrive at 8:30pm and ring doorbell. You will be ready to leave around 5-5:30am.
- Avoid any food or beverages containing alcohol or caffeine (coffee, chocolate, etc.).
- Bring all bedtime medications, including nasal sprays.
- WiFi is provided for the patient's use. Plan for cell phones and TV to be off at 10:00 pm. **Lights are turned out at 10:00pm.**

If you have any questions, contact the office. If you know you are going to be late and it is after normal office hours (Monday – Friday, 8:00 – 5:00), please call 706-475-9866.

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Patient Name (Print)

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Patient Signature

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Date