

Name: Patient Test
DOB: 01/01/1962

PID: 6862727

Sleep Study Instructions

St. Louis Heart and Vascular Sleep Lab
2880 Netherton Drive, Suite 102
St. Louis, Missouri 63136

Appointment Date: ____/____/____

Appointment Time: 8:00 pm 8:30 pm (circle one)

Thank you for scheduling your sleep study with our office. Enclosed you will find:

- Sleep Study Instructions, which outlines instructions for the test and answers some frequently asked questions,
- Initial Sleep Questionnaire, which we ask that you and your bed partner fill out completely and bring to the test,
- Facts About Problem Sleepiness, from the National Institutes of Health.

We hope that this information will provide you with some answers regarding your upcoming sleep study. Any questions regarding insurance coverage or requests to cancel or reschedule your study should be directed to our office at (314) 741-0911.

You will be contacted by a sleep study technician before the test to confirm your scheduled night. Since we schedule a specific technician to perform your sleep study, we ask that you **contact us at 314-741-0911 as soon as possible**, if you need to reschedule or cancel your appointment.

On the day of the Test

- Do not drink alcohol
- Do not drink caffeine
- Avoid taking any naps
- Try to maintain your regular daytime routine
- Remove any nail polish or artificial nails
- Because sensitive sensors will be applied to the skin on your scalp, face, chest, and legs, it is important that you shower and thoroughly wash your hair prior to coming in for your test. Do not apply hairspray or other products like hair oils or mousse after your shower, and be sure to remove any artificial hair pieces.

What to Bring

- Complete the enclosed questionnaire and bring it with you to the test. Please bring pajamas, sweats, shorts or any loose-fitting clothing to sleep in (no nightgowns please), and a robe and slippers.
- Bring any toiletry items such as toothbrush, toothpaste, hairbrush, razor, etc.
- You can bring a book or magazine. A television will be available, but you cannot sleep with it or any other electronics on because they will interfere with the test results.
- If you have a favorite pillow or blanket, bring them also. We want you to be as comfortable as possible.

Medications

If you are taking any medications, please be sure you have discussed them with your doctor since some medications (especially sleeping pills, stimulants, antihistamines and drugs for anxiety or depression) can interfere with test results and might need to be discontinued prior to your test. However, you should take all of your usual medications on the day and night of the sleep test unless your physician advises you

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otherwise. Please remember to bring along a list of all medications you are taking.

What to Expect When You Arrive

The technician will explain the procedure during set-up. He will be attaching small, thin wires with special tape or a paste-like adhesive to hold them on. He will prep the sites with a mild cleanser, and attach them on either side of your eyes, behind your ears, on your chin, and under your nose. The tape comes off quite easily and painlessly. More wires will be placed on your head, they are attached with the paste-like adhesive that dissolves in water and detaches easily. More wires will be attached to your chest, two elastic bands around your stomach and chest, on your legs, and on one finger. Although there are many wires, they are quite small and rarely interfere with your sleep.

Then you will be able to mimic your nighttime pre-sleep habits such as watching television, reading, etc. The technician will inform you when the test will begin.

General Information

- Please contact your insurance provider to verify coverage of your procedure
- This is a no smoking facility
- If you have an illness (even a cold), please contact our office to reschedule your test
- You will be able to leave the test at 6:00 a.m.

Frequently Asked Questions

Is there anything that hurts about the test?

- Nothing will hurt about the test. All sensors are placed on the surface of the skin.

What happens while I am sleeping?

- The technician will be monitoring your sleep patterns, your movements, heart rate, respirations, and oxygen level.

What if I have to use the restroom?

- The technician will be monitoring you all night. You only need to notify him and he can disconnect the cables to enable you to use the restroom.

Can my spouse come with me?

- We prefer that the spouses/significant others do not sleep with you during the test unless medical conditions require assistance.