

# **SLEEP STUDY INSTRUCTIONS**

Dr. Jones has asked you to have an at-home or lab-based sleep study done to better evaluate you or your child's snoring, mouth breathing and congestion. We use Home Sleep Lab or SNAP to perform our at-home sleep studies. We ask you to fill out forms in our office and these will be sent forward to SNAP or Home Sleep Lab. They will contact you within the next week to arrange for shipment of an at-home sleep machine. Please follow the directions included with the sleep study and complete three nights of recording. Please mail the unit back in the mailer provided. We should have the results of an at-home sleep study within two to three weeks after you complete the study.

If Dr. Jones has asked you to have a lab-based sleep study performed, please fill out the paperwork in our office and we will forward this to the sleep lab. We most commonly use the sleep labs at Cornell, Columbia and Greenwich Hospital. We do not at the present time have a pediatric sleep lab that we work with in Brooklyn or Queens. The sleep lab will contact you directly to arrange a time to have the sleep study done. This is a one-night study and you most commonly arrive at 6 p.m. and the sleep study is usually finished between 6 a.m. and 7 a.m. in the morning. The results of the lab-based sleep study should be available in our office approximately two to three weeks after your study.

The sleep study provides a great amount of information that will be helpful to Dr. Jones to understand you or your child's snoring and congestion. It is difficult to convey these results over the phone so sleep studies will not be discussed over the phone. Please make an appointment to see Dr. Jones approximately two to three weeks after the sleep study is performed. Please confirm before your appointment that we have received you or your child's sleep study. This appointment should be made at the time that you schedule the sleep test. Dr. Jones will spend time discussing the information obtained on the sleep study and provide recommendations for treatment. We look forward to working with you and please contact our office if you have any questions or concerns about completing the at-home sleep test or scheduling a lab-based sleep study.