



Valley Regional Sleep Disorders Center

PATIENT INFORMATION

Patient Name: _____ Study Date: _____
Arrival Time: _____ Referring Physician: _____
Sleep Center Contact: _____

You have been scheduled with an appointment to have one of the polysomnography studies listed below to further evaluate your symptoms or condition.

Overnight Split Study CPAP Overnight Study Multiple Sleep Latency Test

The exam will be performed at:

Valley Regional Sleep Disorders Center

1177 E. Warner Ave.
Fresno CA 93710

Phone: 559-431-4204 – **Fax:** 559-431-4267.

Check In: Parking is located in front of the Center. We are located next door to **Saint Agnes Medical Center (west side)**. Please arrive on time – we have set aside this time for you. We have implemented a strong “No Show” policy.

*We kindly request a **48-hour notice for all cancellations or rescheduling of appointments**. If you are unable to keep your appointment or require further information regarding your test, **please call 431-4204 -- Monday through Friday – 8:00 a.m. to 4:00 p.m. or leave a message.***

PATIENT INSTRUCTIONS

Prior to coming to the Sleep Center for the study:

- **Do not nap** on the day of the study unless otherwise instructed.
- Please shower, wash and dry hair on day of study
- Do not apply body lotion, hair gels, spray, oils or nail polish. (*Polish may need to be removed from one finger.*)
- Clean shave face (5 o'clock shadow) unless you already sport a beard or mustache.
- **No consumption of caffeine products after 2:00 p.m.** You may have de-cafeinated beverages.
- **Eat all of your meals throughout the day.** We will not provide meals.
- Leave all valuables (i.e., cash, jewelry, etc.) at home.
- Continue to take your usual medication. Do not discontinue unless advised by your physician. Take all non-sedating medications prior to arrival at the Sleep Center.

What to bring:

- Insurance Card(s) and Sleep Questionnaire
- Something comfortable to sleep in (i.e., boxers, sweats, 2-piece pajama set for women, robe). No sleeping in the nude.
- Bring an updated list of all medications you are currently taking. Tylenol or Excedrin PM, Ambien, etc., should not be taken until you are ready for bed. Please bring any medications you may need with you. **You will be responsible for your own administration of medication.**
- Toiletries, pillow, book, snacks or anything else that may help you to feel at home and more relaxed.

Family members and/or friends are not permitted to stay in the patient's room or the Sleep Center overnight. ***(Exceptions will be made for disabled persons needing assistance -- please notify our staff of these special needs prior to arrival.)***

As the patient, it is ultimately your responsibility and **very** important to verify that benefits and authorization have been obtained by the Sleep Center with your insurance carrier. Please make sure that the Sleep Center has all of your current insurance information.

Smoking is **not permitted** inside of Valley Regional Sleep Disorders Center.

Please kindly reschedule your appointment if you currently have a cold or flu symptoms.

We reserve the right to cancel your appointment if the above instructions are not followed.

ABOUT YOUR SLEEP STUDY

You will have a private room (**not shared**). ****Please Note**** although we do our best to make your stay as comfortable as possible, we request that you adhere to our policies for bed and wake times.

During sleep the body functions differently than while awake. Disrupted sleep can disturb daytime activities and medical problems during sleep can sometimes involve a risk to your basic health.

A sleep study (**polysomnogram**) is a diagnostic procedure in which the length and quality of your sleep are measured and analyzed.

Measurements recorded while you sleep include:

- **EEG** or brain waves (electrodes on the scalp)
- **EKG** or heart rate and rhythm (electrodes on the chest)
- Eye movements (electrodes on the temple)
- Muscle activity (electrodes on the chin, both legs and chest)
- Airflow (sensors attached to the skin near the nose or mouth)
- Breathing effort (belts placed round the stomach and chest)
- Blood oxygen levels (small sensor attached to the finger)

After filling out the brief bedtime questionnaires and changing into your nightclothes, the technician will attach the small electrodes and sensors for recording your sleep using an adhesive (tape, paste, etc.). The body sensors/electrodes are applied so that you can turn and move during your sleep.

It is very important for you to get as much sleep as possible on the night of your study. Therefore, bedtime will be no later than 10:30 p.m. ****Note** you will not be given any type of sleep aid, however, you may bring your own sleeping medication from home in case you should need it.**

You may read or watch television until bedtime or as time permits. You will have contact with your technician at all times by intercom for assistance with any needs (i.e., going to the bathroom, getting a drink, etc.). In addition, they will be observing your sleep through a small TV camera so that your sleep positions can be recorded.

The technician will awaken you between 5:00 and 6:00 a.m. and remove the electrodes. Please arrange time to shower and wash your hair prior to going to work. You will be discharged from the Sleep Center between 6:00 and 7:00 a.m. If needed, please arrange to have transportation at this time, as our Sleep Center closes promptly by 7:00 a.m.

We look forward to seeing you soon!

Sincerely,

Valley Regional Sleep Disorders Center
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Fresno CA 93710
Phone: 559-431-4204 – **Fax:** 559-431-4267.