



1100 112th Avenue NE
Suite 320
Bellevue, WA 98004
425/289-3000

Frequently Asked Questions Regarding Sleep Testing Process

When do I check-in?

Please arrive at 8:30 pm unless otherwise specified. This will allow time for you to change into your sleep wear, fill out the pre-sleep questionnaire, and get comfortable with the sleeping environment.

Where do I park?

Patients should park in the underground parking garage which has an entrance off of 112th Avenue. If you arrive after 5 pm and leave before 8:30 am, the cost will be \$4.00. If your testing requires you to stay past 8:30 am, the cost will be at the normal rate which is approximately \$16.00 for a 24 hour stay. Please be sure that you park close to the South (RED) elevator or have someone drop you off at the South (RED) elevator at the garage level. The Sleep Center is located on the 3rd floor of the South building.

How long will I stay?

Most patients will stay for 10 to 12 hours. Some patients will also have a Multiple Sleep Latency Test (MSLT) following their sleep study. You will be informed of this possibility by your sleep physician in advance of the study. If you have a sleep study and an MSLT, be prepared to stay approximately 22 hours.

What should I bring?

- Loose-fitting sleep wear that have a top and a bottom
- Personal toiletries
- All prescribed medications (please take on your regular schedule unless otherwise instructed by your physician)
- Any over-the-counter medication that you might need (i.e. Aspirin, Tylenol, Antacids)
- Your favorite pillow/s (if you wish. Pillows are supplied)
- Reading material or a video/DVD (satellite television is available)

What not to bring?

- Work-related material
- Valuables, or large sums of money
- Alcoholic beverages

How should I prepare for my sleep study?

The sensing devices that are used during sleep testing must be applied to clean, dry skin including your scalp. Therefore, please shower and dry your hair before arrival if possible. Do not use cream rinse, hair spray, or skin lotions/creams after bathing. Men without beards ideally should be clean-shaven and women should refrain from wearing make-up or nail polish.

What about visitors?

We ask that you not have any visitors while you are a patient in the sleep center. Special exceptions are made for minors or patients with special needs. Each testing room has a phone for patients to use, yet we ask that there not be any direct phone calls to the patient rooms after 9 pm. If there is an emergent need to contact a patient, we ask that you call the sleep technologists' back line at (425) 732-3413.

What about meals?

Please eat dinner before you arrive. We ask that no alcohol or caffeine be consumed within 8 hours of your arrival to the sleep center. Feel free to bring snacks if that is a part of your bed time ritual. Breakfast is not provided, however there is a coffee shop on the first floor of the east building which opens at 7:00 AM. For patients who stay for any extended testing such as the MSLT; decaf tea or coffee, cereal or toast are available for breakfast and a meal voucher for lunch will be provided. Please let us know in advance if you have any specific dietary restrictions.

What happens at bedtime?

Prior to turning out the lights to go to sleep, the technologist will apply small electrodes to your scalp, temples, chin, chest, and lower legs. These sensors monitor brain waves (sleep stages), eye and muscle movements, breathing, heart rhythm, and oxygen level. Flexible elastic belts are placed around your chest and abdomen which monitor your breathing effort. None of these devices are painful and are minimally uncomfortable. If your physician supplied you with a prescription for a sleeping medication, please have the prescription filled prior to the date of your test. Please bring the medication with you. No medication will be supplied at the testing site. The technical staff will have you go to bed as close to your normal time as possible. After "lights out" your assigned sleep technologist will be in the monitoring room observing your sleep throughout the test. If you need anything during the test, all you need to do is speak out and the technologist will hear you through the intercom.

What if I need to use the bathroom?

Every sleep room has a private bathroom and shower. If you need to use the bathroom after "lights out", notify the sleep technologist who will assist you with disconnecting the equipment. **DO NOT** attempt this on your own.

What happens when testing is completed?

If your sleep test is completed and you do not have additional testing, you will be awakened as close to your normal waking time as possible. The sleep technologist will disconnect the equipment and remove the electrodes. You will then be asked to complete a "morning-after" questionnaire. Patients are welcome to shower (if they wish). If you need to be up at a certain

time for work or personal reasons, please inform your technologist. However, the testing must last a minimum of 8 hours so if you cannot be at the testing center for that length of time, please call at least 1 to 2 days in advance of your study to reschedule.

How and when will I get the results of my study?

If you had a consultation with one of the Overlake Sleep Disorders Center's sleep physicians, the physician will make sure that you are scheduled to get the results of your sleep study. You may also have a second study scheduled in case you need therapy for your sleep disorder. If your consultation was performed by one of our approved referral sources and you came in directly for a sleep study, you should contact your physician for further instructions. If you do not have an appointment or you have questions about next steps, please call the main office at 425-289-3000 to make an appointment or speak to the nursing staff. As a significant amount of data is collected, please allow at least 7-10 working days for the results to be processed. A detailed report is also sent to your referring physician.

What is the cancellation policy?

Please be courteous to fellow patients awaiting sleep studies by giving no less than 24 hours notice in the event that you need to reschedule your test. This will give the sleep center staff enough time to fill the slot with another patient waiting for sleep testing. If your study is scheduled on a Sunday and you determine the need to cancel after 5 pm on Friday, please call the sleep technologist back-line at (425) 732-3413 and leave a message. If you fail to comply with this policy you will be charged a \$250.00 late cancellation fee which is not covered by insurance carriers. Receipt of this fee will be required before your sleep study will be rescheduled.

We hope that your stay at the Overlake Sleep Disorders Center is as pleasant as possible, and we look forward to helping you in the diagnosis and treatment of your sleep disorder.

Sincerely,

The Overlake Sleep Disorders Center Staff