



## Frequently Asked Questions Regarding Sleep Studies

### Ideal flow:

1. Consultation with physician.
2. In-facility sleep study (Subject to what is allowed by your insurance), or a home-based sleep study.
3. Phone call with results within *14 working days* from nursing staff.
4. If indicated from the first study, you may need a second type of sleep study known as a “CPAP titration”. This is a study where you will return to the sleep center to get fitted with a CPAP mask and then while sleeping CPAP will be adjusted to those settings which will eliminate snoring/apneas, and correspond to the deepest sleep. Other patients may go directly to the treatment phase where they will be set up with what is known as an automatic titrating CPAP device or “APAP.” This will be determined by the findings on the sleep study and/or your insurance carriers policies. **Note:** Insurance guidelines regulate treatment based on certain criteria and it may take another *14 working days* for you to receive the treatment. (Authorization for device).

### When do I check-in?

Please arrive at 8:00 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?

OSDC is located on the 3<sup>rd</sup> floor of the South building at the *One Twelfth at Twelfth* office complex. For your convenience, 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. Patients should park in the underground parking garage which can be entered heading northbound on 112th Avenue NE or eastbound on NE 12<sup>th</sup> Street.

The reduced overnight parking fee for patients of OSDC is \$4.00 (if you arrive after 5:00 pm and leave before 8:30 am). PLEASE NOTE: Please bring the parking ticket you receive upon entering the garage up to the sleep center when checking in for your study. OSDC staff will validate your parking ticket, which will reduce the overnight parking fee to \$4.00—*payable by debit or credit card only* upon exiting the garage at the conclusion of your study. If your testing requires you to stay past 8:30 a.m., including for the purpose of a daytime study, the cost will be at the normal rate which is approximately \$19.00 for a 24-hour stay.

### How long will I stay?

Most patients will need to stay for approximately 10 to 12 hours. Some patients may also have a Multiple Sleep Latency Test (MSLT) on the day 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 night clothes that have a top and bottom (NOTE: 2-piece s=sleepwear is required)
- Personal toiletries
- All prescribed medications: Please take prescribed medications on your regular schedule unless otherwise instructed
- Any over-the-counter medications that you might need (i.e. aspirin, Tylenol, antacids, etc.)
- Your favorite pillow(s) (if preferred—otherwise, pillows are supplied by OSDC)
- Reading material or a video/DVD (satellite television is available)
- Snacks (for day studies only—snacks may *not* contain caffeine or chocolate)

### What not to bring?

- 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?**

Due to the nature of sleep studies and the manner in which data is collected, as well as practical considerations of available furniture and space in our rooms, we do not allow overnight guests while you are a patient at OSDC. Special exceptions are made for minors or patients with special needs and must be made with our staff in advance of your test to assure we have adequate space, furniture and bedding available for your visitor on the night of your study. To assure our ability to collect valid and accurate data, guests may not share your bed during your study. 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 9:00 p.m. If a family member needs to contact you for an emergency, or if an emergency prevents you from keeping your appointment please call (425) 732-3413. If you need to contact the Medical Assistant please call (425) 289-3000.

#### **What about meals?**

Please eat dinner before you arrive. We ask that no caffeine, alcohol or other recreational substances be consumed within eight (8) hours of your arrival to the sleep center. Feel free to bring snacks if they are 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 a.m. For patients who stay the following day for testing, such as a MSLT, decaffeinated tea or coffee, cereal or toast are available for breakfast. Lunch will be provided, however if you have dietary restrictions please let our office know prior to your appointment so that we can try to accommodate you. A refrigerator is also available to you if you would prefer to bring your own food or beverages.

#### **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 movements, breathing, heart rhythm, and oxygen levels. Flexible elastic belts are placed around your chest and abdomen which also monitor your respiratory 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 and bring the medication with you, as medication will not 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 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 equipment. **Please do not** attempt to do 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 around 6:00 a.m. Your sleep technologist will disconnect you from our equipment, ask you to complete a brief "post sleep" questionnaire, and you may shower if you wish. Planned departure from OSDC will be by 7:00 a.m. If you need to be up at a certain time for work or personal reasons, please inform your technologist in advance and we will plan your morning routine accordingly. 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?**

As a significant amount of data is collected, please allow at least **10-14 working days** for the results to be processed. Your physician's nurse or medical assistant will contact you with the results of your study within approximately **14 days** of the date of your study and inform you of the next steps advised by your physician during that call. This step of the process will move most efficiently if results are reviewed by phone, or through your patient portal. However, if you prefer to see your doctor in person to review the results, or if you have questions regarding this process you are welcome to schedule an appointment, or speak to your doctors MA at (425) 289-3000. A detailed report is also sent to your referring physician.

#### **What is your cancellation policy?**

We ask that you provide a minimum of 24-hours notice to cancel or reschedule a sleep study. If less than 24 hours notice is given, a late cancellation or no show fee of \$250 will be incurred. Receipt of this fee will be required before your sleep study will be rescheduled.

We look forward to assisting you in attaining the good night's sleep you deserve! Please do not hesitate to contact our staff at (425) 289-3000 with any questions or concerns along the way.