



ABOUT YOUR SLEEP STUDY

Patient: _____

When is my test?

Your test has been scheduled for _____ at 8:00 PM. Preparation for the test takes some time and we schedule several patients each night. In light of this, we ask that you be prompt for your appointment so we can have everyone prepared for bed at reasonable times. You are scheduled for your follow-up appointment on Date: _____ Time: _____ to discuss the results from your sleep study. If you are scheduled for a titration sleep study you are scheduled for your 60 day compliance follow up on Date: _____ Time:_____.

FREQUENTLY PATIENTS TELL US THE ANTICIPATION WAS MUCH WORSE THAN THE ACTUAL TEST. WE WANT TO MAKE IT AS COMFORTABLE AS WE CAN WHILE STILL OBTAINING A QUALITY STUDY FOR YOUR DIAGNOSIS. PLEASE LET US KNOW WHAT WE CAN DO TO HELP MAKE YOUR EXPERIENCE WITH SIERRA PULMONARY SLEEP CENTER A GOOD ONE.

What if I think I will be late for my appointment?

If you think you will be delayed for any reason, please contact the Sleep Lab immediately at (775) 355-8065.

When will the test be over?

If you are scheduled for an overnight test only (PSG or CPAP Titration), you will be finished between 5:30AM and 6:00 AM the morning after you arrive. If you need to leave earlier please let the technician know when you arrive. We do need to record for at least 6.5 hours, so if you need to leave before 5:00 AM, please call us when you receive this letter so we can make arrangements to obtain a complete test.

What happens during the test?

You will have your own bedroom with an intercom to the technician. After you arrive and settle in, you will be requested to complete some paperwork and change into your sleepwear. The technician will bring you to your bedroom for application of the sensors. The sensors will go on your legs, shoulders, neck and head and will be applied to your skin with medical tape or placed in your hair with

a paste. There will also be belts to measure your breathing and a sensor placed on one finger to measure the oxygen in your blood. The technician will bundle the sensors so they are as unobtrusive as possible. After the sensors are applied, you may read or watch TV until you are ready for bed. To ensure we obtain sufficient recording, bedtime will be 10:00 PM. When you are ready for bed, the technician will connect the sensors to the recording device and start the recording. In the morning, it takes about 15 minutes to end the recording and remove the sensors.

Will it hurt?

No. You should not feel the recorder doing anything to you. During sensor application, the technician will need to clean your skin under each sensor and you may feel some rubbing. You may notice the wires from the sensors at first, but most people adjust to them in a little while. There may be a little discomfort when the medical tape is removed in the morning, but it is typically less than what you feel when removing a Band- Aid.

What about the results?

Your technician will not be able to give you results in the morning. The recordings are 800-1000 pages long and must first be processed by the daytime technician and then reviewed by one of our physicians. These can take some time. Results on these tests will be discussed at your next appointment in our office.

What if I have special needs?

We are happy to do whatever we can to help you have a comfortable and accurate study. If you have special needs you might need assistance with, please call us so we can be sure to provide the best care for you. Some examples of special needs include but are not limited to the following:

- Difficulty walking or cannot walk
- Incontinence
- Difficulty speaking, hearing, seeing, communicating
- Mental issues: mental retardation, dementia, etc.
- Serious physical illness

Can my family member or friend come with me?

One or two (2) family members or friends may come to the lab with you, but they must leave before the test starts unless other arrangements have been made ahead of time with the manager. Please limit guests to one or two.

I have more questions.

Please feel free to call us with any questions or concerns you may have regarding the sleep study. Our phone number is (775) 336-0207. The office is open between 8:30 AM and 4:30 PM weekdays.