



Sleep Study Test Facts

Your doctor has recommended that you have a sleep study done by Comprehensive Sleep Center Sleep Center. Please find important information below.

Sleep Lab locations and Contact Information:

You are scheduled at:

Comprehensive Sleep Center
3515 Coolidge Road
Suite A
East Lansing, MI 48823

Comprehensive Sleep Center
1795 N Cedar St
Suite I
Holt, MI 48842

Questions, rescheduling and cancellations are conducted during normal business hours.

- **Phone East Lansing 517-755-6888 Monday-Friday 8a-5p.**
- **Holt Location:**
- Phone 517-709-3015 any day after 8p for emergent questions or situations preventing arrival for scheduled appointment that same night.

What to expect during your sleep study:

- Please **arrive by 8:30 or 9:30 pm. For your scheduled appointment Have a seat in the waiting room until technologist comes to get you**
- Due to liability reasons and the nature of the testing environment, we are not able to accommodate family members or others. Patients requiring a caregiver would have been discussed and confirmed at the time of scheduling.
- A sleep technologist will show you to your private room.
- You will have privacy as you change into your night clothes.
- The sleep technologist will apply (hook up) various external monitoring devices using tape and paste, including:
 - 15 electrodes on your scalp and face. Electrodes are fine wires placed against the surface of your skin. A mild scrub is used to clean the skin before application.
 - 1 snore sensor on neck.
 - 3 patches on your chest to record heart rate.
 - 1 small sensor placed on your upper lip to show us airflow from breathing.
 - 2 effort belts (elastic bands) are placed around your chest and abdomen to monitor your breathing effort.
 - 2 electrodes are placed on each leg to see if you kick your legs while sleeping.
 - 1 sensor on your finger will detect the amount of oxygen in your blood.
 - The monitoring wires are secured in a way to allow for normal movement while sleeping.
- Each room has a video camera which allows the sleep technologist to maintain visual and audio contact with you from the monitoring area.
- During electrode application and hook up, the sleep technologist will provide an overview of the sleep testing process.

- You will be expected to turn off your cell phone when testing begins and remove your watch if you wear one.
- At any point during the preparation process, you should ask questions and get clarification on items.
- Lights out and/or beginning the sleep study should occur between 10:00 pm and 11:30pm.
- The sleep study will be concluded between 5:30 - 6:30am.
- You can shower and get ready for departure from the sleep lab by 7:00am at the latest. If you are having someone pick you up, you can wait in the lobby.
- The sleep technologist will be available for questions but cannot discuss and/or provide copies of the data collected. This data must first be analyzed and then reviewed by the sleep physician.

Financial Information and Other Items of Importance:

- It is your responsibility to understand and know the coverage criteria for your insurance.
- Know your deductible and co-pay amounts. The Sleep Center will make every effort to verify your insurance coverage and obtain any needed referrals and/or authorizations for services to be provided by The Sleep Center. However, it is still **ultimately your responsibility** to understand and know the coverage criteria for your insurance. Prior to receiving any health service, please verify with your insurance that all needed referrals, authorizations and other information has been obtained. Co Pays and deductibles are due prior to sleep studies. Call 517-755-6888 to make payment arrangements.
- You will be asked to sign the Comprehensive Sleep Center **Consent to Treatment** form before your sleep study. **This form does include financial expectations set by Comprehensive Sleep Center and cannot be altered.**
- The sleep technologists running your study will not be able to answer questions regarding your insurance plan or coverage.
- **24 hours notice** must be provided to reschedule or cancel your sleep study.
- **\$175 Cancellation Fee** will be assessed to the patient directly if less than **24 hours** notice is provided or if the patients “no shows” for the scheduled sleep study. There is also a **No Show Fee** for your scheduled consultation or office visit with Dr Mamedov. If you need to cancel your appointment, we need a 24 Hour notice or you will be charged a **\$50 cancellation fee**. The patient’s insurance will not be billed for this fee.

What YOU need to do for a successful Sleep Study

Sleep Study Preparation Checklist: (Use this as your checklist before arriving for your sleep study)

Avoid

- Avoid alcohol, marijuana and any illicit drug use at least 4 hours prior to testing.
- Avoid bringing items of value such jewelry.
- Avoid napping day of sleep study.
- Avoid caffeine after 12 pm (noon.)
- Avoid using sprays, oils, gels or lotions in your hair and on your skin.
- Avoid makeup on the face.

Do

- Do shower and wash your hair with shampoo only.
- Do remove hairpieces and/or hair weaves to allow for electrode placement.
- Do have one fingernail free of nail polish and/or acrylic nails.
- Do shave before you arrive for your study, except if you have a full beard or mustache.
- Do have a light, early dinner before arriving at your scheduled location.
- Do arrive on time
- Do have someone pick you up in the morning if you took a sleep aide for the sleep study.

Bring

- Portal oxygen, if on O2 (i.e. E cylinder or Liquid.) Please have an extra tank with you so you will have an adequate O2 to get home after your study. This is only for patients on 24/7 oxygen. We have concentrators for use in the lab.**
- Bring medications including antacids and ibuprofen.
- Bring sleep aide if prescribed. Take this only when instructed to do so by the sleep technologist.
- Bring your CPAP mask if you are a current CPAP user.
- Bring your glucometer and insulin if you are diabetic.
- Bring a book or magazine to read while waiting to be hooked up.
- Bring a pillow if you choose.
- Bring 2-piece pajamas or t-shirt and gym shorts to sleep in.
- Bring toiletries for before bed and in the morning (toothbrush, toothpaste, shampoo, face soap.)

Things to do AFTER your sleep study:

- Schedule a follow up appointment with Comprehensive Sleep Center. A detailed report will be sent to your referring physician as soon as possible after your study; please allow 7 to 10 business days.