



A sleep study has been scheduled on \_\_\_\_\_ at \_\_\_\_\_ p.m. at our sleep center:

5700 Hillandale Drive  
Suite 190  
Lithonia, Georgia 30058

This test involves an estimated 6 hours of data collection, with a couple of hours of preparation. Arrive at 8pm and plan to be at our center until around 6-7 am the next morning. Your study may be an all night diagnostic study or may be a split night or a titration during which you will be asked to wear a mask to determine a pressure that may be needed stop your sleep apnea.

#### **RESCHEDULE OR CANCEL YOUR SLEEP STUDY**

While we will make every effort to contact you to confirm your sleep study, you should call us at 404 499 0533 at least 48 hours before your sleep study if you will be late or you must cancel your appointment. If you miss your appointment or fail to cancel within 48 hours notice, you will be charged \$150 for the test, since we have reserved a space for you, which involves staffing of technicians. (Your insurance does not cover this.)

#### **ARRIVE AT SLEEP CENTER**

Do not arrive before 8pm. A map has been provided on the brochure you were given or you may get directions from our website @pssatl.com. Please park in the front of the building. Ring the doorbell to the right and your sleep technologist will meet you and escort you into the center.

#### **DISABILITIES**

If you have physical or mental disabilities or for whatever reason are unable to provide your own care you **MUST** bring a caregiver with you to the sleep center and plan to have them remain for the duration of the study. The technologists cannot lift patients, dispense medications, or provide one on one care. If you arrive at the center without a caregiver, the technologist may decline to do the study. There is a recliner in each room where your caregiver can rest during the night.

#### **INSURANCE & PAYMENT**

While we will contact your insurance company to verify coverage for your sleep study, we urge you to also call your insurance company to obtain your benefits for a sleep study. If you have any questions or concerns regarding insurance or billing, we will assist you in any way that we are able to with the information we obtained from your insurance provider.

#### **TRANSPORTATION & SAFETY**

Your safety is important to us. If you are experiencing any sleepiness as a result of your sleep problems, please have someone drive you to and from your test.

#### **PEDIATRIC PATIENTS** 14-16 years of age

If this study involves a child, we want his or her stay to be as friendly and comfortable as possible. For that reason, a parent or guardian must stay with the child throughout the test. Adolescents over 16 may or may not require a guardian to stay. The technologist will decide if they feel they need a parent to stay.

#### **PERSONAL HYGIENE**

Electrodes will be placed on your head and body. For them to remain in place and function properly, your skin must be clean and dry. Please do not apply any skin moisturizers, creams or oils. Your hair also must be clean and dry. After shampooing your hair, do not apply any hairdressing such as hair spray, mousse, gel, oil, or cream. Shower facilities will be available for you to use after testing is completed. Please bring your own toiletry items such as shampoo, conditioner, hair dryer, deodorant, toothbrush and toothpaste. Towels, washcloths and soap will be provided.

## BED CLOTHES

Women: Please wear loose-fitting pajamas with buttons down the front, or a button-down shirt with sweat pants or shorts. Avoid wearing any revealing clothing, as students may be present. Do not wear one-piece gowns, jumpsuits, tight garments, or anything silky or slippery.

Men: Please wear either pajamas or a t-shirt and shorts or sweat pants. Underclothes alone are not acceptable.

**IMPORTANT: Scalp electrodes are difficult to place on your head when quick weaves, hairpieces, extensions, lace-front wigs or any wigs or hairpieces that cannot be removed are present. Also, you may not want to have your hair permed, treated or styled before your study due to the thorough shampooing that is required to remove pastes and electrode gels from your scalp.**

## OTHER INFORMATION

- Bring your own pillow(s) if you feel that you will sleep better with them.
- Please leave all valuables at home.
- You may bring your cell phone however it cannot be on during the study.
- You may bring your laptop computer. Wireless internet is available at the center.
- Do not take any naps during the day of your sleep study.
- Do not bring an alarm clock or watch with you, as you will not be permitted to observe the time while in bed.
- Eat a full, regular meal before arriving at the Sleep Center. On the day of your sleep study, avoid eating or drinking any caffeine, including coffee, tea, sodas, and chocolate, especially in the afternoon.
- With the exception of daytime tests (MSLT, MWT), the Sleep Center does not provide meals. You may bring your own snacks and beverages as long as they are caffeine free. A refrigerator is available for storing food and medications.
- If someone is picking you up in the morning, he or she should arrive at the Sleep Center between 6:00-6:30am.
- Patients who are also scheduled for a daytime study following their nighttime study should be prepared to stay that evening and the following day until 5:00pm. If you have not been instructed about a daytime study, then this may not apply to you. However, according to the results your nighttime study, you may be asked if you are able to stay for the daytime test.
- Please continue to take your medications as prescribed unless you are instructed to do otherwise. Bring any medications with you that you think you will need during the study to include meds that may need to be taken in the morning.
- If the doctor has prescribed a sleep aid for you, do not fail to bring that with you to the sleep center. The sleep center does not supply any type of medication, nor are the technologists allowed to administer any medications. Any patient who cannot administer their own medications will need a caregiver to stay the night.

**NOTICE:** MOST INSURANCE COMPANIES REQUIRE PREAUTHORIZATION FOR SLEEP STUDIES. As a courtesy to you, Pulmonary & Sleep Specialists, PC will complete the paperwork and obtain the preauthorization for you. The preauthorization is valid only for the date of your sleep study. If you fail to keep your sleep study appointment or reschedule your study for another date, the preauthorization will have to be resubmitted for the new date. Due to the labor intensive nature of scheduling and obtaining preauthorization for sleep studies, Pulmonary & Sleep Specialists, PC requires that you give at least 48 hour notice when cancelling/rescheduling your sleep study. If you fail to give a 48 hour notice of cancellation you will be billed a \$150 service charge.