

Sleep study instructions



You are scheduled for an overnight sleep study (polysomnogram) at the Hudson Hospital & Clinic Sleep Health Center, located in Hudson, WI. See reverse for map.

Sleep Health Center services provided in partnership with Regions Hospital Sleep Health Center.

Cancellation fees may apply to any appointment canceled within 2 business days.

(Detailed cancellation information provided on back.)

Date and time of your upcoming sleep study: _____

Your sleep study

A sleep study involves sleeping overnight at the Sleep Health Center. You will have several types of monitors attached to you, which will provide information about your sleep patterns and allow us to diagnose sleep disorders. A technologist will monitor your sleep through the night. Depending on the results, you may need to return for a follow-up test or treatment.

Sleep study results

You will be handed an After Visit Summary (AVS) the morning after your sleep study that will outline the next steps in your sleep evaluation.

What to expect at the Sleep Health Center

- **Please arrive at your scheduled time at the Sleep Health Center. See map on reverse for location.** Bring photo ID and insurance card.
- A technologist (tech) will give you a brief tour of the sleep center and show you to your room. Once in your pajamas, the tech will place the monitors, explain the type of study being performed and give a demonstration of the continuous positive airway pressure (CPAP) equipment that may be used during your study.

- Please turn off any devices (cell phones, laptops, etc.)
- Monitoring will begin between 9 p.m. and 11 p.m. If you have a regular bedtime that is earlier or later, please inform your tech. **All sleep studies must start by 11:30 p.m. at the latest.** Most studies are completed by approximately 6 a.m. If we have collected enough data and obtained sufficient sleep time, we can wake you early upon request.

What should I bring?

- Prescription and non-prescription medications, including insulin and syringes, and sleep aids (if recommended by provider)
- Pajamas (we **do not** provide gowns)
- Change of clothes
- Special pillows or blankets that would make you more comfortable
- Toiletries (as if you were spending a night in a hotel)
- CPAP or Bi-Level PAP (BiPAP®) equipment (if currently use), including mask, headgear, hose(s), and machine

continued on back



What do I need to do?

PRIOR TO THE DAY OF YOUR STUDY:

- Notify the Sleep Health Center (651-254-8150) if you have any specific needs (wheelchair, medication assistance, shift worker with unusual bedtime, personal care assistant, lifting devices, incontinence pads, special bed).
- Complete the included sleep logs and bring the night of your sleep study.

If you must cancel, call 2 business days prior to your scheduled test date to avoid a cancellation fee.

DAY OF YOUR STUDY:

- Make sure to eat supper **before** you arrive at the Sleep Health Center.
- **Do not** take any naps the day of your study.
- **Do not** drink any caffeine after 12 p.m. (noon). This includes: coffee, tea, chocolate, cocoa and soda. You may drink caffeine-free sodas and/or decaffeinated coffee.
- **Do not** drink any alcohol 12 hours before your sleep study, unless otherwise directed by your physician.
- **Wash and dry your hair and face** before the study.
 - Men: if you have a beard, it will not be a problem. If you are normally clean-shaven, or if you have light stubble, please shave before or after your arrival.
- Please do not use any conditioner, gel, mousse, hairspray or body lotions before your test.

Special needs

If you currently use any of the items listed below or have any other special needs, please call the Sleep Health Center as soon as possible:

- Wheelchair
- Medication assistance
- Shift worker with unusual bed time
- Personal care assistant
- Lifting devices
- Incontinence pads
- Special bed
- Interpreter

To cancel or reschedule

- If you need to cancel your appointment, please call the Sleep Health Center **as soon as possible**. You must speak with a staff member on the phone. **DO NOT LEAVE A MESSAGE.**

- **A no-show fee may apply if you do not call ahead to cancel at least 2 business days (or 36 hours) prior to your study.** For your study we have assigned a highly-trained technologist to be present for a total of 12 hours. It is very costly to our organization if we have to send this person home. A number of patients are waiting to get in for testing. If you cancel or no-show, your unused appointment could have been given to someone else.
- If you are not at the Sleep Health Center by **45 minutes after your scheduled time** and have not notified us, you will be marked as a no-show and charged the cancellation fee.

Billing and insurance questions

If you have questions regarding insurance, billing or possible co-payments, contact your insurance company. You may also contact the **HealthPartners Cost of Care Line** at 651-265-1034 with questions on sleep study costs.

If you have any questions or concerns, please call the Sleep Health Center at 651-254-8150, Monday–Friday, 7 a.m. to 4 p.m. If there is no answer, please leave a message.



Our location

Hudson Hospital & Clinic
Sleep Health Center
411 Stageline Road
Hudson, WI

