



## Sleep study instructions

You're scheduled for an overnight sleep study (polysomnogram) at the Regions Hospital Sleep Health Center.

**Fees may apply to any appointment canceled within two business days.**

### Date and time of your upcoming sleep study

#### Your sleep study

A sleep study involves sleeping overnight at the Sleep Health Center. You'll have several types of monitors attached to you, which provide information about your sleep patterns and allow us to diagnose sleep disorders. A technologist (tech) 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'll be given an After Visit Summary (AVS) the morning after your sleep study that outlines the next steps in your sleep evaluation.

#### What to expect

- Please arrive at your scheduled time at the Sleep Health Center. Bring your photo ID and insurance card.
- A tech will give you a brief tour of the Sleep Health 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.

- Turn off all devices (phones, laptops, etc.).
- Monitoring will begin between 9 and 11 p.m. If you have a regular bedtime that's earlier or later, inform your tech. **All sleep studies must start by 11:30 p.m.** Most studies are completed by 6 a.m. If we have collected enough data, we can wake you early upon request.

#### Packing list

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

## How to prepare

### Prior to the day of your study

- Notify the Sleep Health Center at **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.

### Day of your study

- Eat your dinner **before** you arrive at the Sleep Health Center.
- **Don't** take any naps the day of your study.
- **Don't** drink any caffeine after 12 p.m. (noon). This includes coffee, tea, chocolate, cocoa and soda. You may drink caffeine-free sodas and decaffeinated coffee.
- **Don't** 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 won't be a problem. If you're normally clean-shaven, or if you have light stubble, shave before or after your arrival.
- Don't use any conditioner, gel, mousse, hairspray or body lotions before your test.

## Special needs

If you use any of these items or have any other special needs, call the Sleep Health Center as soon as possible.

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

## To cancel or reschedule

- If you need to cancel your appointment, call the Sleep Health Center **as soon as possible**. You must speak with a staff member on the phone; **don't leave a message**.
- **A no-show fee may apply if you don't call ahead to cancel at least two business days (or 36 hours) prior to your study.** We've assigned a dedicated tech to be present during your entire sleep study.
- If you're not at the Sleep Health Center by **45 minutes after your scheduled time** and haven't notified us, you will be marked as a no-show and charged the cancellation fee.

## Billing and insurance

If you have questions regarding insurance, billing or co-payments, contact your insurance company. You may also contact the **HealthPartners Cost of Care Line** at **844-997-2678** (COST) with questions on sleep study costs.

If you have questions or concerns, call the Sleep Health Center at **651-254-8150**, Monday – Friday, 7 a.m. to 4 p.m.

## Our location

Regions Hospital  
Sleep Health Center  
2688 Maplewood Drive | Maplewood, MN