



## Sleep Lab Center

Scheduled Date & time: \_\_\_\_\_

The Sleep Lab is located at 1180 College Dr. Rock Springs, WY. Please check into the Emergency Department (ED) when you arrive at the hospital. You will then be directed to drive to the Medical Office Building and Cancer Center located left of the main hospital entrance. The ED will call the technologist to meet you at the Medical Office Building entrance to open the locked doors for you.

Please attempt to be here at your appointment time. If you are unable to make your overnight appointment or have any questions regarding the test you can call the Cardiopulmonary Department at 307-352-8390. Normal Office hours are Mon-Fri. From 8:00 am to 5:00 pm. If after hours, you can directly reach the sleep lab technologist at 307-352-8137. Normal hours of operation for Sleep Lab: 7:00 pm – 6:00 am.

Sleep Studies are usually covered, at least in part, by your insurance. We will contact your insurance company and obtain a Pre-Authorization prior to you coming in for your sleep study. Sometimes authorizing a sleep study takes up to a week, depending on the insurance company. If you have any questions or concerns about your insurance feel free to contact the Cardiopulmonary Department at 307-352-8390 during the hours listed above. If you have an insurance card and driver's license please bring them with you to your sleep appointment.

Please be sure to have dinner (avoid a heavy meal) before coming in for your overnight test. The cafeteria closes at 6:30 pm. You are welcome to bring some snacks or drinks with you.

DO NOT discontinue any medications. Take your night time medications before coming in. If any make you sleepy, be sure to have someone drive you to the Sleep Lab. The Sleep Lab cannot supply any medications.

Please completely fill out the sleep questionnaire provided in the packet before arriving and bring it with you to your appointment. If you misplaced or lost your questionnaire, it can be printed out online at:

[www.sweetwatermemorial.com/our\\_services/sleep\\_disorder\\_lab.aspx](http://www.sweetwatermemorial.com/our_services/sleep_disorder_lab.aspx)

Family and friends are generally not permitted beyond the locked doors in the Medical Office Building unless you are in need of assistance. All sleep rooms are located in close proximity to one another. To keep noise levels down and respect others who might already be sleeping it is asked that you drop off and pick up at the Medical Office Building doors.

Please bring pajamas or comfortable night clothes to sleep in. You may also bring your iPad, laptop, cell phone or reading material. Each room has a T.V. and a private bathroom.

Most of our overnight studies are completed by 5:30 am. The technician should have 7 to 8.5 hours total sleep time recorded. If someone is picking you up in the morning you can make arrangements for them to be here at that time.

**Please Note:** Your provider has ordered an in-lab attended sleep study for you, please understand that in providing quality care to each of our sleep patients we must follow criteria set forth by the American Academy of Sleep Medicine (AASM). We will attempt to get all of the necessary information on the first appointment, however if this strict criteria is not met, you may need to return to the sleep lab for additional appointments.