



## SLEEP LAB INSTRUCTIONS

The following guidelines have been established by the Registered Sleep Technologist to improve your stay at the sleep lab:

- Please park in the Emergency Room parking lot and report to the clerk at the Emergency Room admitting desk. Please make sure you bring your insurance card if you have medical insurance.
- Please attempt to be here at your appointment time. If you anticipate being late or you find you cannot make your overnight appointments please call the Central Scheduling Department at **362-6472**. Normal office hours are Mon - Fri, 8a.m to 5 p.m. After 5p.m you can directly reach the sleep lab technologist at **352-8137**.

For most patients this is covered at least in part by your insurance. Memorial Hospital of Sweetwater County business office will consult with your insurance company about getting Pre-Authorization prior to you coming in for you sleep study. Blue Cross-Blue Shield of Wyoming may take up to 2-3 weeks to pre-approve for this test. If you have any questions or concerns about your insurance please feel free to contact our business office at **352-8535**. Normal business hours are from 8 am to 5 pm.

- Please be sure to have dinner before coming in for your overnight test. The cafeteria closes at 6:30. You are welcome to bring some snacks and drinks with you.
- **DO NOT** discontinue any medications that your physician prescribed the day of the test. Please make sure to bring your medications that are due at bedtime or throughout the night. The lab cannot supply any without a physician's order.
- Please fill out the sleep questionnaire provided in the packet and bring it with you to your appointment.
- **DO NOT** consume any caffeine or alcohol after 2:00 pm on the day of your test.
- Please bring pajamas or comfortable nightclothes to sleep in. You may also bring your Ipad, laptop, - Cell-phone or reading material. Each room has a T.V.
- Please try to refrain from using any lotion on your face the day of the study. Electrodes will be attached that are held on with tape.

Most of our overnight studies are completed by 5:00-5:30 am. By this time I will have 7 to 8.5 hours of recording time on the test. If any family member is picking you up in the morning you can make arrangements for them to be here by 5:30am.