



Scheduled Date & Time \_\_\_\_\_

**Sleep Study Patient Instructions:**

Memorial Hospital of Sweetwater County (MHSC) Sleep Lab is located within the Medical Office Building at 1180 College Drive. Upon entering the building there will be a red phone located inside the double doors. Use this phone to alert the sleep technician of your arrival and they will meet you at the front and walk you to the sleep lab. Please bring your driver's license and health insurance card with you, if you have medical insurance.

**\*Please fill out the sleep questionnaire provided in the packet and bring it with you to your appointment.** If you have misplaced or lost your questionnaire, it can be printed out online at [www.sweetwatermemorial.com/services/sleep-disorder\\_lab.aspx](http://www.sweetwatermemorial.com/services/sleep-disorder_lab.aspx)

Sleep studies are usually covered (at least in part) by insurance. Before your appointment, MHSC staff will contact your insurance company to receive pre-authorization for the sleep study. Sometimes authorizing a sleep study can take up to several weeks, depending on the insurance company. If you have questions or concerns about your insurance please feel free to contact the Cardiopulmonary (Sleep Lab) at **307-352-8390**.

If you anticipate being late or find that you cannot make your overnight appointment please contact the Cardiopulmonary department (Sleep Lab) at **307-352-8390** to re-schedule. Normal office hours are Mon - Fri, 8:00 am to 4:00 pm, if after 6:30 pm you can reach the sleep lab technologist directly at **307-352-8137**.

**DO NOT** discontinue any medications that your physician prescribed the day of your test. Please make sure to bring your medications that are due at bedtime or throughout the night. The sleep lab techs cannot supply any medications.

**DO NOT** consume any caffeine or alcohol after 2:00 pm on the day of your test and avoid taking naps the day of your study. You should eat a light meal before coming in for your overnight test. You are also welcome to bring some snacks and drinks with you.

Please bring comfortable nightclothes to sleep in. You may also bring your iPad, laptop, cell phone, or reading material. Each room is equipped with a television and a private bathroom. **Leave valuables-particularly jewelry-at home**, the sleep lab is not responsible for lost items. You will need to complete a personal belongings inventory and sign a waiver once you arrive for your sleep study.

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

**Please Note:** Your provider has ordered an in-lab attended sleep study. In providing quality care to each of our sleep patient's 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 criterion is not met, you may need to return to the sleep lab for additional testing.

**Thank you for choosing Memorial Hospital of Sweetwater County for your Sleep Study Testing.**