



Sleep Lab Center Patient Instructions

Scheduled Date & time: _____

The 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. Bring your Driver's License and Insurance Card with you, if you have medical insurance.

Sleep studies are usually covered at least in part by your insurance. Memorial Hospital of Sweetwater County staff will consult with your insurance company about getting Pre-Authorization prior to you coming in for your 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 sleep lab at 307-352-8390.

If you anticipate being late or find that you cannot make your overnight appointment please call the Cardiopulmonary Department (Sleep Lab) at **307-352-8390**. 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**.

Please be sure to eat (avoid a heavy meal) 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 you test. Please make sure to bring your medications that are due at bedtime or throughout the night. The lab techs cannot supply any medications.

***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/our_services/sleep_disorder_lab.aspx

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

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 private bathroom. **Leave valuable items at home,** the sleep lab is not responsible for lost items.

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 5:30am.

Please Note: Your provider has ordered an in-lab attended sleep study for you, 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 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.