

Sleep Solutions of Fredericksburg

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Appointment Reminder

Patient Name: _____ **Testing Schedule:** ____/____/____

Patient must arrive to the lab at (time): _____

APPOINTMENT CANCELLATION MUST BE MADE NO LESS THAN 24 HRS TO AVOID \$100.00 CANCELLATION FEE!

(Please read the following instructions and sign the bottom of this page. Please bring this form with you and give it to the testing personnel)

Procedure: PSG (Baseline) Split Night Study CPAP Bi-Level SV Therapy (Complex Apnea)

Test Description: This out patient, overnight procedure, measures certain physiological activity including: EEG (for measuring brainwaves and sleep stages); ECG (heart); EOG (Eye movement); EMG (muscle activity for legs and chin/jaw muscles for teeth grinding, also known as bruxism); Respiratory (consisting of belts for respiratory effort, nasal canula and nasal thermocouple for airflow). The technicians will be monitoring the patients from the control room outside the patient's room via digital video and audio (Digital video is essential to properly monitor patient's sleep behavior). Each room is equipped with two-way communication system (intercom). Our lab does not provide nursing assistance. Patients with mental disability that requires special medical attention, or patients with physical disability that requires rolling, lifting or assistance with personal needs, will need to bring someone to assist them (i.e. family member or healthcare professional). We do not have available rooms for guests. However, guests staying overnight for special reason may stay in the waiting room down by the sleep lab. Guests will not be allowed to wander around the facility for security reasons. We also do not encourage guests to sleep in the same room with the patients (unless patient requires medical assistance) to avoid any disruption during the study. The sleep test takes a minimum of 6.5hrs to complete. Shower facility is available in each room.

Patient Pre-Test Preparation: On the day of your study prior to your night test, please remember to do the following:

1. Do not take naps on the day of your test
2. Do not drink caffeinated drinks (minimize drinking any fluids prior to your appointment)
3. Wear loose/ comfortable but appropriate sleep attire such as pajamas for faster body sensor placement. *Sleeping only in underwear or nude is not allowed in the lab*
4. Do not apply lotion around your body particularly on the face, chest and legs
5. Acrylic or polished nails must be removed to accurately monitor oxygen in the body using the pulse/oximetry (Earlobes, or toes with non-acrylic or polished nails may be used as alternate location for sensor placement)
6. Do not use any hair styling products such as hair spray or hair gel to avoid signal artifacts
7. Hair piece, hair extension or any hair accessories that may restrict the application of head electrodes must be removed prior to the study. Head electrodes are pasted on the scalp. These sensors monitor sleep stages and brain activity. The paste washes off with regular shampoo and warm water.
8. Hair dryer is available for patients with wet hair (head electrodes won't adhere properly on wet surface)
9. Patient must cease smoking 30 minutes prior to the test (NOTE: Smoking is prohibited in the facility)
10. Weapons of any kind are not allowed in the facility. Weapons should be kept in the car or left at home prior to your test
11. Continue to take all routine, prescribed, medications unless otherwise instructed by your physician

Upon Arrival: Ring the bell and identify yourself using the intercom at the main entrance. Hold down the button; state your first and last name. The technician will come up to bring you downstairs to the lab where you'll be guided to your assigned room. While the technician is assisting another patient, you may change to your night clothes and get comfortable. You may also read/ watch TV while waiting (limited to 1 hour only). We want to remind our patients that as comfortable or cozy the rooms are, we are still a testing facility and patient-cooperation is very important.

Check Out: Please check your room for any personal item before leaving the lab. IF YOU'RE BEING PICKED UP PLEASE HAVE YOUR RIDE ARRIVE NO LATER THAN 6:30AM.

Signature: _____

Date: _____