



Pacific Sleep Program
 2120 Exchange St, Ste 302
 Astoria, OR 97103
 Phone: (503) 325-3126
 Fax: (503) 325-4933

You have been scheduled for a:

- Polysomnogram (PSG) “overnight sleep study” on: _____
- Multiple Sleep Latency test (MSLT) “day time study” on: _____

You are scheduled to arrive at Pacific Sleep Program at 7:30 pm (7:00 pm for pediatric patients). You may arrive up to 15 minutes prior to your appointment. It is very important that you arrive no later than 8:30 pm, as you will need to be prepared by the sleep technologist to undergo the sleep test, complete paperwork, be educated about your study and become comfortable with your sleep environment.

Unless otherwise instructed, patients arriving past 9:00 pm may need to be rescheduled.

Please call at least 24 hours in advance if you need to cancel your appointment. Please see below for the correct number to call when canceling your scheduled sleep study.

Monday- Thursday 8:00am-4:30pm	Monday- Friday After 4:30pm	Friday- Sunday Anytime
503.325.3126 Option 7	503.325.0454 After Hours Line	503.325.3126 Option 7

If your appointment is on Sunday and you need to cancel, please call by noon the Friday prior to your appointment. **A fee of \$150.00 will be charged directly to the patient for a late cancellation or a no show appointment.** Bring your insurance card(s), photo identification, overnight bag and any medications you will need during your time here. Pacific Sleep Program does not dispense medications on site; therefore, **you must be sure to bring all of your medications including any prescribed sleep aids.** Please see attached paperwork included in this packet for more information about your sleep study.

Insurance: Please contact your insurance representative to determine your coverage. Your carrier will be billed for your visits; however, any charges not covered or remaining balances will be your financial responsibility. Authorizations will be processed by our office before your scheduled sleep study. You must contact us as soon as possible with any insurance changes as we may need to reschedule your study as many insurances require a prior authorization for this service.

Your follow up appointment has been scheduled:

Date: _____

Time: _____

Provider: _____

HOW TO PREPARE

- Maintain your usual daytime schedule and avoid any physical exercise that you normally don't do.
- Try to refrain from taking naps on the day of your study so that you will be able to sleep more easily on the night of the study.
- To ensure proper adhesion of the electrodes (wires) please note the following:

Hair:

- Shower and wash your hair BEFORE arriving to the Sleep Lab (this includes any facial hair).
- Men should shave facial hair stubble, but a clean beard or mustache is acceptable.
- Avoid using hair spray or oils in your hair (having your hair done before arriving to your sleep study is not recommended).
- Do not use any temporary hair dyes in the week prior to the study.
- Remove any weaves, braids and wigs.

Nails:

- No acrylic nails or colored polish: Your index fingernails must be free of nail polish, acrylic, gel and shellac. You will be wearing a pulse oximeter on one index finger.

Skin:

- Avoid using body lotion.
 - Keep makeup to a minimum.
- Have your evening meal prior to arriving to the sleep lab. Bring any snacks you would like to have.

Please note:

- Our facility is a NON-SMOKING facility.
- The sleep center does not have accommodations for pets, guests, or children. Certified service dogs are acceptable with prior notification as we have patients with respiratory conditions who may require accommodation due to allergies.

ITEMS TO BRING

- **Medications:** **If you take medications before bedtime, bring them with you.** Technologists may not administer any medications.
 - If a sleep aid has been prescribed for you by your clinician, **you will need to pick it up at your pharmacy and bring it with you to the study.**
 - Do not take any prescribed sleep aids until after the sensors have been placed by the sleep technologist. Please ask the technologist if you have any questions on when to take your sleep aid.
- Toiletries (toothbrush, toothpaste, contact lens solution, etc.)
- Pajamas or a two-piece outfit to wear to sleep. Silk is not recommended.
- Shoes, slippers or sandals to go to the bathroom.
- Preferred pillow. Pillows are provided but you are welcome to bring one from home.
- If you wear a CPAP or BIPAP mask at home, please bring it with you.
- If you use an oral appliance and any night guards for teeth grinding, please bring it with you unless otherwise instructed.
- For Multiple Sleep Latency Test (MSLT) patients: bring your completed sleep diaries.
- Reading material such as books or magazines.
- Children should bring their favorite blankets, books, or toys.

FOOD AND BEVERAGES

- We offer water, coffee and tea. Food is not available here at the sleep center but if bringing food from home, we have a refrigerator, dishes, and utensils along with a microwave for your use.
- **If you are scheduled for a Multiple Sleep Latency Test**, please plan on bringing breakfast, lunch, along with any snacks you wish to have. Food may be delivered from outside locations – please discuss this with your sleep technologist.

WHAT TO EXPECT DURING YOUR SLEEP STUDY

Our staff would like to do everything possible to make your night's stay at Pacific Sleep Program as comfortable as possible. The application of electrodes is painless and safe. We will be monitoring your brainwaves, breathing, heart rhythm, oxygen saturation and muscle movements. Wearing the electrodes and sensors may disturb your sleep somewhat. This is normal. Your cooperation and patience is appreciated for this important test.

- You will check in with the technologist and be oriented to your room.
- Small electrodes (wires) and sensors will be applied on or near your chin, ears, head, chest, legs and eyes with a small

amount of paste and tape. This will take approximately one hour.

- All electrodes and sensors are placed using hypoallergenic tape. Please let us know if you have a known skin allergy.
- In some cases, after the study has begun, a technologist may need to re-enter your room to reposition sensors or to begin CPAP treatment.
- The technologists are awake all night and are available for you when needed.
- You will be monitored on a video throughout the night. Recordings are viewed by Sleep Specialist Physicians for diagnostic purposes and will not be shared.
- With the exception of using the restroom, we ask that you stay in bed throughout the night, resting quietly if you are awake.
- Accommodations: You will be sleeping on a Sleep Number bed that may be adjusted to your comfort. Each room has its own sink, mirror, and television. However, we ask that the television and other electronics be turned off during the recording of your sleep study. Our facility has two restrooms with one offering a shower for your convenience.
- Sleep studies are highly specialized medical procedures that require time and care in performing and analyzing. Please try to cooperate with the technologist's requests as much as possible.
- The study ends at 6:00 AM unless otherwise instructed.
- **Please allow 15-30 minutes of additional preparation time to your morning routine to shampoo and bathe to remove the pastes and adhesives that are used during the study.** Your technician will do their best to get the paste out of your hair and to remove the tape residue with the adhesive softener. However, despite our best efforts, you will notice some residual paste in your hair and some residual adhesive residue on your skin. To remove the paste, use conditioner or a shampoo/conditioner mix (such as Head and Shoulders) and place some on each paste spot. Wait 3-5 minutes and then wash hair in a hot shower. Do not brush your hair until the paste has been removed as it may spread to other hair easily and may require multiple washings. Tape adhesive can be washed off with soap and warm water.
- Results will be available in approximately 10 working days or less. The technologists are highly trained and knowledgeable; however, information regarding your sleep study results and/or medical condition will be discussed in detail with your provider only after careful interpretation of the results.
- Sleep study reports are sent to your referring physician(s). If you wish to obtain a copy of your report, please contact our Medical Records Department at 503-228-4414.