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**You have been scheduled for a:**

- Polysomnogram (PSG) “overnight sleep study” on: \_\_\_\_\_
- Multiple Sleep Latency test (MSLT) “daytime study” on: \_\_\_\_\_
- Your follow up appointment has been scheduled on: \_\_\_\_\_

**You are scheduled to arrive at Pacific Sleep Program at 7:30 pm.** You may arrive up to 15 minutes prior to your appointment. It is very important that you arrive no later than 8:30 pm, unless pre-arranged with PSP staff only, 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.

**You will be called 3 days prior to confirm your sleep study. If you do not confirm within 1 business day prior to the scheduled sleep study, the sleep study will be cancelled.**

If your appointment is on Friday, Saturday, or Sunday and you need to cancel, please call by noon the Thursday prior to your appointment. **A fee of \$250.00 will be charged directly to you for a late cancellation or a no-show appointment.**

Please call at least 2 business days in advance if you need to cancel your appointment. Please see below for the correct number to call when canceling your scheduled sleep study.

To cancel your sleep study during normal business hours (Monday - Thursday 8:00 AM - 4:30 PM), please call 503-228-4414, option 2.

If you need to reach the lab manager outside of normal business hours on the night of your sleep study for an urgent issue, please call 503-228-4414, option 7.

**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. Our office will make every effort to obtain the authorization prior to the appointment. 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.**

- 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 it has been fully read and interpreted by the Sleep Medicine Physician. Details of the sleep study will not be discussed by the Sleep Technician. Please refer to the top of page 1 of this handout, for your scheduled follow up appointment date and time to receive the results of your sleep study.**
- Bring your insurance card(s), photo identification, overnight bag, a preferred pillow/blanket, and any medications you will need during your time here.
- 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. Technologists may not administer any medications.**

## ABOUT SLEEP TESTING

### Why do I need a sleep study?

The purpose of a sleep study is to evaluate for possible sleep apnea, as well as other sleep disorders.

#### **Diagnostic study:**

- This is the part of the test that documents sleep apnea or other sleep disorders if present. It is an overnight study completed in the sleep center.
- In some cases, depending on the severity of sleep apnea, the second portion of the study may become a treatment study.

#### **Treatment study:**

- The physician will decide if a treatment study is needed after the diagnostic study. This study evaluates the effectiveness of Positive Airway Pressure (PAP) machine or other treatments. Using a mask that goes over the nose and/or mouth, PAP delivers air pressure into the airway. The technologist will adjust the amount of airflow while you sleep to stop any breathing problems or snoring.

#### **Multiple sleep latency test:**

- This test allows the physician to determine how sleepy you may be. It will take place the day after an overnight sleep study and will occur in the sleep center. The test will take all day. You will be given up to five opportunities to lie down and see if you fall asleep and if so, how quickly you fall asleep. In between the naps you will need to be alert and will not be allowed to fall asleep. You will receive separate instructions from the physician if this test is ordered, and it is very important to read all the instructions carefully and follow them for the test to be successfully completed.

## HOW TO PREPARE FOR YOUR SLEEP STUDY

- 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.
- Have your evening meal prior to arriving to the sleep lab. Bring any snacks you would like to have.
- To ensure proper adhesion of the sensors 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.

### **Please note:**

- Our facility is a NON-SMOKING facility. This includes no vaping anywhere on the premises.
- 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

- Toiletries such as toothbrush, toothpaste, contact lens solution, etc.
- Pajamas or a two-piece outfit to wear to sleep. Silk is not recommended. **Loose fitting clothes preferred. Please do not wear leggings as the technicians cannot place sensors on your legs if needed.**
- Shoes, slippers, or sandals to go to the bathroom.
- Medications that you would normally take prior to bedtime and in the morning, unless otherwise specified by your sleep provider.
- 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.
- Reading material such as books or magazines.

## **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 the following day**, 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 sensors is painless and safe. We will be monitoring your brainwaves, breathing, heart rhythm, oxygen saturation and muscle movements. Wearing the sensors may disturb your sleep somewhat. This is normal. Your cooperation and patience are appreciated for this important test.

- You will check in with the sleep technologist and be oriented to your room.
- Small sensors will be applied on or near your chin, ears, head, chest, legs, and eyes with a small amount of paste and tape. This takes approximately one hour.
- All 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 begin PAP 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 the Sleep Physicians only and will not be shared.
- Except for 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 a sink and mirror. Each room also has a television; however, we ask that the television and all other electronics be turned off prior to the beginning of the sleep study. Our facility

has restrooms with one offering a shower for your convenience. Extra blankets, space heaters, and/or fans are available upon request.

- Sleep studies are highly specialized medical procedures that require time and care in performing and analyzing. Please try to cooperate with the sleep technologist's requests as much as possible.
- The sleep study ends at 6:00 AM unless otherwise instructed by the sleep provider.
- Please allow an additional 15-30 minutes to your morning routine to shower and remove the paste from your hair and tape adhesive from your skin. You will notice some residual paste in your hair and 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.

### **SLEEP TESTING AND THE USE OF SEDATIVE-HYPNOTICS**

If I take a sleep aid before or during a sleep study, I am aware that sedatives such as diphenhydramine (Benadryl), doxylamine (Unisom), trazodone, Ambien (zolpidem), Sonata (zaleplon) and other sleep aids may impair my thinking and reaction time. I understand that I may feel drowsy in the morning after taking a sleep aid.

I understand that Pacific Sleep Program strongly recommends that I wait at least 7 hours or until I am fully awake before I do any type of activity that requires me to be awake and alert. If I am unable to safely operate a motor vehicle, I understand that I must have a ride home available in the morning or, if day staffing is available the next day, I will remain in the clinic until I am able to safely operate a motor vehicle or will contact someone to drive me home.

If I decide to terminate my study, I acknowledge that I am refusing at my own insistence and without the authority of and against the advice of the facility, requesting to leave against medical advice and I hereby release Pacific Sleep Program from any responsibility for all consequences which may result from the use of a sleep aid during the study or from leaving against medical advice.