



515 SW Horne, Suite 200, Topeka, Kansas 66606
785-234-5480

PATIENT INFORMATION

**Your sleep study has been scheduled for: _____ at 8 p.m.
Please do not arrive earlier than 7:30 p.m.**

Please Ring the Bell at the Front Door to enter.

Congratulations! You have taken the first steps to better sleep.

This information is provided to help answer some of your questions and make your stay with us a little easier. Please feel free to ask our Technologists any questions you may have. (After 7:30 p.m. phone 234-2982 to speak to a Technologist)

What is a Polysomnogram?

A Polysomnogram is a sleep study. It measures what happens when you are asleep. A minimum of 14 different channels are observed. The information that is gathered, tell us what happens when you are asleep. Breath by breath.

What is measured?

1. Brain waves (about 12 – 14 wires on your head)
2. Heart beats (2 wires on your chest)
3. Eye movement (1 wire next to each eye)
4. Muscle Tension and movement
5. Leg movements (2 wires on each leg)
6. Breathing (sensor belts around your chest and abdomen)
7. Oxygen level (a small clip on a finger)
8. Airflow (a wire under you nose).

Does any of this hurt?

No. There is an abrasive cream used in very small areas of the skin, but it generally causes very little irritation. We only use hypoallergenic tape and paste to hold electrodes on.

How do I sleep with all of this stuff on?

The majority of people have no problems falling asleep. In some cases, a physician may ask you to take a mild sleeping pill.

Will I be able to get up to use the restroom?

Yes, getting up is no problem; the technologist will show you what to do.

What should I bring with me?

1. You will need comfortable sleep clothes. (Pajamas, gym shorts and tee shirt or a night gown)
NOTHING MADE OF SILKS or SIMILAR MATERIALS
2. Your toothbrush, tooth paste and comb or brush.
3. Your pillow, if you wish. (Some people sleep better with their own pillow)
4. The clothes you wish to wear the next day. (Many people go straight to work from here)
5. Reading material
6. Any medication you are taking.

-Go To The Next Page Please-

Are there any special things I should do?

Yes, there are only a few requirements.

- 1. The day of your test, do not eat or drink any thing with caffeine in it, after noon.*
- 2. Do not consume any alcohol after noon.*
- 3. Do not take a nap.*
- 4. Do not use any hair oils or sprays.*
- 5. Remove finger nail polish from one finger on each hand.*
- 6. Take only the medications approved by the doctor.*

What time do I go to bed and get up?

Bedtime is between 10 –11 p.m. and we will be getting you up at 6 a.m. (we will get you up earlier if necessary) Testing requires a minimum of 6 hours of sleep time.

May I bring a snack?

Yes, you may bring a light snack if you wish. Please avoid anything with caffeine like chocolate, or sodas .

We will provide:

A private room with a T.V., restroom and shower. Soap and shampoo. (Feel free to bring your own brand if you wish).

Is this test covered by insurance?

Most health insurance polices cover the sleep test. We will be happy to check with your insurance company to verify your coverage.

When do I find out the results?

An appointment will be set up for you to review your results with the doctor.

***We are located in Suite 200 of the Potwin Plaza Building at 515 SW Horne
Just north of St Francis Hospital***

Lighted Parking is located in front of the building.
Please ring the bell at the front entrance for admission.