



Sanford Center for Sleep Disorders
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Preparing For Your Sleep Study

We have two bedrooms at our lab. Each room is private and has a TV. The bed is a queen size mattress.

Unless your physician has informed you otherwise, please bring any medications you normally take with you, or that you may need during the night, such as pain medications or inhalers. The technologist cannot provide you with any medications.

You will need to bring something to sleep in, as we do not allow sleeping in the nude or only in your underwear. If you do not have standard pajamas, a T-shirt and shorts or sweatpants usually works well. You should bring any personal hygiene items you will need, such as:

- Toothbrush and toothpaste
- Hairbrush or comb
- Feminine hygiene products
- A change of clothes for the next day
- If you are currently on CPAP/ Bi-PAP at home please bring your mask. Do not bring the machine

Please leave any valuables at home. We are not responsible for these items, or any items left at the Sleep Center.

In order for the monitoring sensors to stay in place during the night we ask that you please adhere to the following instructions carefully:

- Please shower before coming, but do not use any body lotions
- Please wash and dry your hair, and do not use any hair gels, mousse, oils, or hairsprays. These prevent the monitoring sensors from adhering properly to your scalp and leads to poor test results.
- Make sure you do not have any braids, weaves, or hairpieces as these will prevent the sensors from adhering to your scalp properly.



Sanford Center for Sleep Disorders

- Male patients should shave before coming, as this will keep the technologist from having to use glue in your beard or stubble.
- Ladies, please refrain from wearing make-up or nail polish. If you have artificial nails or nail polish, please remove one artificial nail or the polish from one nail before arriving for the study.
- Please eat before coming for your study. We do ask that you not drink caffeinated beverages such as tea or soda after 12 noon the day of your study. Caffeine can interfere with sleep, making it difficult to get a good study.

As we often have people on the waiting list for sleep studies, we ask that you please notify us ahead of time if you will be here later than your scheduled appointment time so that your room does not go to someone on the waiting list. Please call us at 919-776-0512 before 5:00 pm. If you are relying on someone else for transportation, please arrange for them to pick you up by 6:00 am after the study.

What To Expect

After you arrive, the sleep technologist will escort you to your room. There will be several short forms for you to fill out, and then you will be asked to change into your nightclothes.

Prior to getting in bed for sleep, the technologist will attach various monitoring sensors to you. These sensors may look alarming, but are designed to be as comfortable as possible, and are non-invasive. There are no needles or any pain involved in having a sleep study. The technologist will monitor you during the night from another room for your comfort and privacy. However, there is a communications and video monitor in the testing room to allow you to ask the technologist for anything you may need, such as to get up to use the restroom, or additional blankets or pillows. The video monitoring allows the technologist to ensure you are safe at all times, and aids the sleep physician by allowing him to see any body movements you may have during the study, such as leg jerking.

After the study is finished, you will be given a short questionnaire to fill out that will tell the sleep physician how the test went from your point of view. Due to the large amount of information collected during the night, the technologist cannot discuss the results of your study. The sleep physician will review all of the information and design a treatment plan for your individual needs. A Registered Polysomnography Technologist will contact you within 3-5 working days to review your report. If it is discovered that



Sanford Center for Sleep Disorders

you have obstructive sleep apnea, the recommended treatment is for you to come back a second night for a CPAP Titration.

After all of the appropriate testing is completed, the final results will be sent to your referring physician who will make the arrangements for you to obtain any necessary equipment or if required, additional referrals, depending on your sleep disorder, to other specialists.

Frequently Asked Questions

Which insurance do you accept and do I need a referral?

We accept most insurances, including BCBS, Tricare, Cigna, United Health Care, Medcost, Aetna, Medicare and Medicaid. Most plans require a medical doctor referral, and it is our lab's policy that we have a medical doctor referral before you may be seen by our Sleep Center.

How much will my insurance cover?

Coverage varies from policy to policy, but most insurance companies will pay 80% if we are considered "in network". For the most accurate information, you should call the customer service number on your card to check the coverage for your policy.

I received two bills for my sleep study.

You or insurance company will be billed by the sleep lab for the technical portion or the sleep study and billed separately by the sleep specialist who will interpret the study.

Why do I need two overnight studies?

If you have obstructive sleep apnea, the best approach is to have one full night of diagnostic testing and one full night of treatment. This allows us to gather a picture of what happens during a complete night while you are sleeping. The "gold standard" of treatment for sleep apnea is with CPAP or Continuous Positive Airway Pressure. A second full night allows the technologist to make sure that they find just the right amount of pressure you will need, no matter whether you sleep on your side, back, or stomach. In severe cases, we may do the diagnostic and therapeutic studies in one night, due to the extreme drops in oxygen levels, and heart arrhythmias that may be seen in people with severe sleep apnea.

If I already had a sleep study a year or more ago, why do I need another one now?



Sanford Center for Sleep Disorders

Most insurance companies require another study if you have been diagnosed with sleep apnea in the past and are now interested in trying CPAP treatment and it has been a year or more since you last study. Also if you have had any changes in weight, medical condition, or sleep complaint you may need another study. If your sleepiness has gotten worse, or you have had surgery for snoring or weight loss, it is important that another test is done to ensure you are still receiving adequate treatment.

Can someone stay with me during the night?

If you wish to have someone come and stay with you until you are ready for lights out, that is fine. We try to discourage anyone staying in the room with you during your study, as this adds artifactual noises, such as someone else snoring or moving around, making it difficult for the technologist to determine if you are the one snoring or not. However, if you feel too uncomfortable staying alone, if you will advise us ahead of time to allow us to make arrangements, we will not prevent one person from staying with you. However, if the person having the test is an adult, we ask that they leave any children at home. **Minors, persons 17 years and under, must be accompanied by a parent or legal guardian during the complete study.**

I'm worried I won't be able to sleep.

Many people have a similar feeling before their study. Surprisingly most people sleep very well, with some even reporting they slept better here than at home. Even if you do not fall asleep immediately, or stay asleep all night, we usually are able to get enough information for the doctor.