

Martha Jefferson Hospital Sleep Medicine Center
Hotel location: Hilton Garden Inn, 1793 Richmond Rd. Charlottesville, VA 22911
(434)654-5280

Patient Name: _____

Sleep Study Date: _____

**PATIENT INFORMATION: PLEASE READ CAREFULLY AND
BE SURE TO FOLLOW DIRECTIONS SPECIFIC TO THE
LOCATION YOUR STUDY WILL BE HELD.**

(Patient Copy)

What to do before coming for your sleep study appointment:

- ✓ Bath or shower. Refrain from using body oils and lotions as they will interfere with the application and signal of the equipment.
- ✓ Do not apply make-up, or be prepared to wash your face prior to application of electrodes and sensors.
- ✓ Men, please be sure to shave before arriving for your sleep study. Mustaches, beards, or goatees are fine, but please no stubble because the electrodes will not remain in place.
- ✓ Remove any acrylic nails and all nail polish. These interfere with the oxygen reading, giving a false measurement of your oxygen saturation. Our staff will ask patients to remove these if necessary.
- ✓ Please remove any wigs, weaves, toupees, or any other form of hairpiece, before your study. Shampoo your hair but do not use heavy conditioners, balms, oils, or gels to ensure that the electrodes that monitor your sleep will not fall off during the night. **Make sure to dry your hair before arriving for your study.**
- ✓ Please keep your normal daytime schedule but **DO NOT NAP.**
- ✓ Eat a healthy and filling meal. A big or late meal may make you drowsy, but your digestive system may keep you awake later. An empty stomach may also make you toss and turn. A breakfast will be offered by Martha Jefferson Sleep Center.
- ✓ **Do not have caffeine products such as coffee, tea, and soft drinks or eat chocolate after 12:00 noon the day of your study.**
- ✓ **Do not drink alcohol at all the day of your study.**
- ✓ **Smoking will not be allowed during the study. Please have your last cigarette before arriving at the Sleep Medicine Center.**
- ✓ **Unless otherwise directed by your doctor, continue regular medications. However, do not use any sleep aids prior to arrival and until you have spoken with your technologist.**

When to arrive:

- ✓ **Please arrive at the Sleep Center between 8:00pm and 8:30pm.**
- ✓ The Sleep Medicine Center is located in the Hilton Garden Inn on Pantops Mountain on Rt. 250. We are on the second floor of the hotel. You may park in any parking spot available in the lot and report to room 205. You **do not** need to check-in at the front desk.
- ✓ For more specific directions, please feel free to call 434-654-5280.

What to bring:

- ✓ All primary and secondary insurance cards and a photo ID.
- ✓ All paperwork given to you by the sleep physician, such as sleep questionnaires, personal sleep diary.
- ✓ Any paperwork filled out prior to arrival (forms can be found at www.mjhsleep.org)
- ✓ A list of current medical conditions and medications.
- ✓ Comfortable two-piece sleeping clothes, cotton preferred. Please **no rayon, silks, or chiffons**. These fabrics will cause movement and slipping of the equipment used to monitor you during the study, giving inaccurate readings.
- ✓ Medications that you currently take at night and in the morning. If applicable, your doctor will tell you which medications to stop taking before your study.
- ✓ Medications that the sleep physician prescribed for your study, if any.
- ✓ Each room at the hotel has its' own shower. Shampoo, conditioner, soap, lotion, hair dryer, towels and washcloths are provided by the Hilton. You will need to bring other items, such as toothbrush, toothpaste, brush/comb, etc..
- ✓ Please bring any dental devices or false teeth you use. As well as a container to keep them in if needed.
- ✓ Hearing aids and a case for them.
- ✓ A favorite pillow or blanket if desired.
- ✓ A book, magazine, or small hobby (i.e. cross stitch, crochet, knitting) if you wish.
- ✓ Change of clothing.
- ✓ A light, non-caffeinated snack and/or drink. Feel free to bring bottled water to keep at your bedside.
- ✓ If the patient is under the age of 16, a parent or guardian must stay for the entire study.

What will happen?:

- ✓ Patients will arrive at their location between 8:00pm and 8:30pm.
- ✓ Upon arrival a technologist will greet you, show you to your room, provide a brief orientation and give you paperwork to sign/ fill out.
- ✓ You will be asked to change into your sleeping clothes once your paperwork is complete, and relax until the technologist comes to set you up with the electrodes. You may be asked to relax and/or watch television while another patient is being prepared for his/her sleep study. A complete study set up usually takes 30-45 minutes.
- ✓ When it is time for you to be set up with equipment, your technologist will cleanse and prepare certain areas of your skin and scalp with a light abrasive scrub, gel and/or paste for placement of the following things:
 - Electrodes placed on your scalp (monitoring brain activity), face (monitoring eye movement and muscle tone), legs (monitoring muscle tone), and chest (monitoring heart rhythm). Typically there are about 22 total, but there may be more or less depending on the type of study.
 - Up to 3 sensors placed in the opening of your nostrils, with one of those having a piece hanging in front of your mouth to detect and monitor breathing patterns.
 - 2 stretch bands, one placed around your chest and the other around your abdomen to detect and monitor breathing effort.
 - 1 clothespin-like clip or band aid like strip placed on your finger to monitor your oxygen level.
- ✓ If signs of Obstructive Sleep Apnea Syndrome (OSAS) are present and significant enough, the technologist may begin treatment with a Continuous Positive Airway Pressure (CPAP) machine for further diagnostic information. A mask or interface will be used in conjunction with the CPAP machine. A technologist will explain this further once you are at the Sleep Center.

When you can go home after the study:

- ✓ Technologists will typically begin to wake all patients around 6:00am and remove equipment.
- ✓ You do not have to leave your room or return your room key until 11:00am. You will return the room key to a technologist in room 205 or to the front desk if no technologist is available. You have access to all of the Hilton Garden Inns amenities and will be free to use them until this time. Breakfast will be offered.

When will I know my results?:

- ✓ Technologists will give a brief synopsis of the night letting you know if sufficient information was obtained. Technologists will not give any specific information regarding the study, such as if or how often you have breathing events. Only your physician can give you your official results.
- ✓ The technologists score and analyze the raw data. The sleep physician will review and interpret the report.
- ✓ You will receive your final results and diagnosis from your physician at your follow up appointment.
- ✓ Your physician will either make your follow up appointment at the time of your original visit, call you once the study has been read, or you can call your physician to make follow up arrangements.
- ✓ In some cases it may be necessary to repeat your sleep study. This can result from multiple causes such as a patient's inability to sleep, limited documentation of events, or technical problems. Your physician will discuss this with you at your appointment following the study.
- ✓ In addition to a nocturnal study, some patients may require a day time study be performed the following day. **If such a study is required your physician will notify you when scheduling your study.**

What to do if you cannot keep your appointment:

- ✓ Call the Sleep Center at 434-654-5280 as soon as possible. If you call and get our voicemail, leave a message. Someone will return your call the next business day to reschedule your appointment.
- ✓ **Cancellations or reschedules must be made 48 hours prior to your appointment time. Any cancellations or reschedules with less than 48 hours notice will be charged a \$200.00 cancellation fee.**

If you have any other questions or concerns, please feel free to call the Center at 434-654-5280.