



ST. JOHN PROVIDENCE
HEALTH SM

Michigan Institute for Sleep Medicine
47601 Grand River Avenue
Outpatient Center- #D203
Novi, Michigan 48374
248-465-4290

You have been scheduled for:

_____ An overnight sleep study on _____ at 9:00 P.M.
Your testing will be completed between 6:00-7:00 A.M. the following morning.

OR

_____ An overnight sleep study and daytime nap study on _____ at 9:00 P.M.
Your testing will be completed between 3:00-5:00 P.M. the following afternoon.

AND

_____ An overnight CPAP sleep study on _____ at 9:00 P.M.
Your testing will be completed between 6:00-7:00 A.M. the following morning.

When you arrive at the Outpatient Center Park near the Main Entrance on the Grand River side of the building. Enter via the Main Entrance. If you need assistance stop at the Security Desk and ask for help or proceed to the Sleep Disorders Center via:

- The front stairway up to the 2nd floor, turn right towards the Surgical Waiting Area and follow the signs to the Sleep Disorders Center.

OR

- From the Main Entrance go down the corridor that is to the left of the Registration Desk, and use the elevator on the right side of the corridor past the registration desk.

The Sleep technologist will show you to your assigned room. Once you have changed into your pajamas (we suggest two-piece if available, see item #7 on back of sheet), the technologist will begin the set-up procedure. The procedure consists of placing small sensors (electrodes) on your head, chest and legs. The electrodes measure brain, heart and muscle activity. We will also observe your chest movement with lightweight belts around your chest and abdomen. Lastly, a small clip will be placed on your finger to measure oxygen levels throughout the night. All electrodes and sensors are taped or glued in place and do not break the skin. **If you are allergic to latex, tape or iodine, let the technologist known as soon as you arrive.**

The technologist will attempt to start the sleep study (lights out) as close to your normal bedtime as possible. However, all patients will have "lights out" prior to midnight. You may read or watch television until you are ready for bed. If you wish to snack during the evening you may bring snacks from home, as they are not available in the Center. If you need to get up at any time during the night, the technologist will assist you in "unplugging" the monitoring devices.

If you are scheduled for the daytime nap study, you will be asked to take naps at scheduled intervals throughout the day. Breakfast and lunch will be provided. We strongly encourage you to bring something to do during the intervals between naps because you **MUST** remain awake between naps. Your test will be finished between 3:00 – 5:00 P.M. We cannot give you an exact time, because it depends on the results of the nap studies that day. We do ask that you plan on being here until 5:00 P.M. in case it is necessary. Not being able to do so may result in in-complete sleep study results and a missed diagnosis.

If your insurance has a deductible or co-insurance for **Outpatient Hospital Services**, you will be required to pay the deductible at the time of your sleep study. You will be notified prior to your sleep study date if you are required to do so. The co-insurance is billed to you after the sleep study has been billed to your insurance company and they have determined what you owe.

PLEASE READ THE FOLLOWING INSTRUCTIONS BEFORE COMING TO THE SLEEP DISORDERS CENTER.

1. Shower or bathe before leaving home, however, be sure that your hair is dry and free of hair spray or gel before coming to the center. **DO NOT** use body oil or gel after your bath or shower.
2. Men - shave before coming to the Sleep Center. If you have a beard you do not have to shave it. See item #7 below, no wearing just underwear for the sleep study.
3. Women – finger nail polish or acrylic nails may interfere with testing. You may be asked to remove your acrylic nail or nail polish one or more fingernails in order to obtain accurate results.
4. **NO NAPPING** during the day of the overnight study.
5. No alcohol or antihistamines on the day of the overnight study.
6. No caffeine after 2:00 P.M. on the day of the overnight study.
7. Bring loose fitting night clothes (two pieces if available) pajamas, gym shorts, T-shirt, or Sweat pants. **Please do not bring any personal linen, blankets or pillows.**
8. Bring a book or craft especially if you are scheduled for a daytime nap study. We have television for your convenience.
9. **Cell phones and or pagers must be turned off while you are in the Sleep Center.**
10. A shower is available for your use before leaving the Sleep Center. Bring your own toiletries (shampoo, toothpaste, toothbrush, etc.)
11. Bring medications from home that you will need to take during your stay.
12. If you should contract a severe head cold, please call and inform the Sleep Center staff, as we may have to reschedule your sleep study in order to obtain an accurate recording.
13. No smoking is permitted in the Medical Center.

It is important that you notify us if your insurance changes between the time you were scheduled and the date of your sleep study. If you fail to do so, you will be responsible for the cost of the entire sleep study.

In order to provide timely service for our patients we ask that you call us to confirm 48-72 hours prior to your study date at 248-465-4292. If we do not hear from you one day prior to your test date; your test will be rescheduled to a later date. A \$200.00 missed appointment fee will be charged to patients who fail to give a 24-hour notice. After 3 missed appointments you will not be rescheduled.