

You are scheduled for a **sleep study** on: \_\_\_\_\_ at \_\_\_\_\_ P.M.

You are scheduled for a **follow-up** appointment with: \_\_\_\_\_  
on: \_\_\_\_\_ at \_\_\_\_\_ A.M./P.M.

**If you need to cancel or reschedule your appointment or if you are experiencing cold or flu symptoms (nasal congestion, cough, fever, nausea or diarrhea) call the Sleep Center at (507)389-8520. If you must cancel or reschedule an appointment, please give 24 hours notice. Please note the Sleep Center doors do not open until 8pm when the staff arrives.**

Please contact your insurance company at **least 24 hours prior** to your appointment to understand what your coverage is for this test.

### What do I need to bring with me to the sleep study:

- Bring Insurance Card.
- If you are on CPAP, please bring CPAP machine and mask. (whole unit)
- Bring your sleep aid with you – Do not take before arriving at Sleep Center.
- Medications for bedtime and in the morning.
- If you use any over-the-counter medications such as aspirin, Tylenol, etc, you will need to bring these with you.
- Your sleep attire needs to be a two piece garment that is loose and comfortable, but cannot be satin, silk or anything that could be damaged by monitoring equipment. The legs need to be loose enough to allow threading of electrodes from just below the knee up to the neck area. (An example of clothing would be a t-shirt & shorts, sweatpants & top or a 2-piece pajama set.)
- Pillows are provided, but feel free to bring your own.
- Toothbrush, toothpaste, deodorant, brush and comb, etc. (Towels, washcloths and soap are provided. Hair dryer available on request.)
- A bedtime snack, if desired.

### How do I prepare for the sleep study:

- Prepare for your sleep study as if you were spending the night at a hotel. Leave any unnecessary valuables at home, i.e. excessive cash, valuable jewelry.
- Remove nail polish to accommodate finger probe sensing oxygen level and heart rate
- Refrain from caffeine or alcohol after 3 pm the day of your study.
- Come showered with clean hair. Free of gel, mousse, hairspray, oils or other hair dressings.
- No makeup or body lotions.
- Men: if you are normally clean shaven, please shave before you come.
- No necklaces or watches can be worn during the study.
- Be prepared to turn off your cell phone and wrist watch alarms.

### What happens during the sleep study:

- The technician will be placing electrodes on your scalp, chin, near your eyes, on your chest and legs. This is why it is vitally important that you follow the preparations listed above.
- Insurance companies require a minimum of 7 hours of recording time for the test to be considered valid and covered.

### What happens the morning after my sleep study:

- You will see the doctor the morning after your study in most cases.
- Discharge time will vary depending on your diagnosis and treatment recommendations. Typical discharge time is between 8 and 9am.