

# THE CENTER FOR SLEEP MEDICINE

## Oral Appliance Sleep Study

We ask that you arrive promptly at your appointment time. Please bring the completed sleep questionnaire, telephone & HIPAA consent and any doctor's orders, prescriptions, or referral forms that your doctor has given you to your FIRST appointment at the sleep center. Please present them to the receptionist or technologist upon your arrival. We will also need a copy of your insurance card(s) and driver's license or photo ID.

Upon entering the building, please proceed to our suite, have a seat in the waiting room and the receptionist or a technologist will meet you at your appointment time.

For a nighttime study, sleep is monitored until approximately 5:00 a.m. the following morning when the study is complete. You will be ready to leave the sleep center no later than 6:00 a.m. when the facility closes.

### **CANCELLING A SLEEP STUDY**

If you need to cancel your scheduled sleep study, **you must give the sleep center a 24-hour notice**. Please call by 5:00 p.m. on Friday to cancel a Saturday/Sunday night study. **A \$250 fee will be charged for all "no shows" or cancellations without a 24-hour notification.** This fee is not covered by insurance or Medicare.

To reschedule your study, call (708) 364-0261 Ext 7766.

### **PRIOR TO THE SLEEP STUDY:**

- Complete the attached forms/questionnaires prior to your study date.
- **Avoid caffeine or stimulants for 12 hours before your scheduled time of arrival at the sleep center, unless prescribed by your doctor.**
- Make sure your skin and hair are clean, and please do not use any hair products or lotions the night of the study.

### **WHAT TO BRING TO THE SLEEP CENTER:**

- **Completed questionnaires and any doctor's orders, prescriptions, or referral forms that your doctor has given you.** Present them to the technician upon arrival.
- **Your insurance card(s) and driver's license or ID.**
- You may bring your own pillow, since some people sleep better with a familiar pillow.
- Bedclothes are necessary. Please wear something loose and comfortable, such as gym shorts and a tee-shirt, sweat pants and a tee-shirt, or pajamas.
- Any needed personal toiletries, and a change of clothes for after the study.
- Any medications, both prescription and over the counter, that you need to take while at the sleep center. Technicians are unable to dispense any medications.
- Reading material, if you typically read before bed.
- If you require a snack before bedtime, plan to bring it with you. Do **not** bring your dinner, since you must be ready to begin your test when you arrive. If you are staying for the daytime nap studies, breakfast and lunch will be provided. If you have dietary restrictions please bring your own food.
- Please **do not bring any valuables with you to the sleep center.**

The sleep center's private bedrooms are similar to typical hotel rooms, with private bathrooms available for showering after the study is completed. The rooms are supplied with pillows, blankets, towels, and washcloths.

## INFORMATION ABOUT YOUR SLEEP STUDY

- 1. HOW IS THIS ORAL APPLIANCE SLEEP STUDY DIFFERENT FROM A REGULAR POLYSOMNOGRAM (SLEEP STUDY)?**

The only difference between the ORAL APPLIANCE sleep study and a polysomnogram (sleep study) is that, in addition to all of the wires that are used; the technician will ask you to sleep with your oral appliance in place. Our goal during this study is either to document the effectiveness of your fixed position oral appliance or with adjustable appliances, to determine the most effective position with which to treat your sleep apnea.
- 2. WHAT IS A POLYSOMNOGRAM (SLEEP STUDY)?**

A polysomnogram is a study that measures the quality of your sleep. A typical polysomnogram includes the following measures:

  - Brain waves (electrodes placed on the scalp)
  - Eye movement (electrodes placed on the face, by the eyes)
  - Chin muscle tone (electrodes placed on or near the chin)
  - Heart rate (electrodes placed on the chest)
  - Leg movements (electrodes placed on the legs)
  - Breathing (breathing sensor placed near the nose and mouth)
  - Breathing effort (two small elastic belts placed around chest and abdomen)
  - Oxygen level (small sensor attached to the finger)
  - Audio and video recording
- 3. WHY IS IT NECESSARY TO RECORD THE ABOVE FUNCTIONS?**

During sleep, the body functions differently than while awake. Disturbed sleep, such as irregular breathing or lack of sleep consolidation, can interfere with daytime activities, cause daytime sleepiness, and cause serious health problems.
- 4. HOW CAN I SLEEP WITH ALL OF THE ELECTRODES?**

Most people sleep reasonably well. We are looking to obtain a sample of your sleep pattern. The body sensors are applied so that you can move during sleep and change positions during the night. The sleep rooms are set up as comfortable bedrooms, and our staff makes the environment as restful as possible.
- 5. WILL THE SENSORS HURT?**

No. This is a painless and non-invasive (no needles) testing procedure. Paste is applied to your skin and scalp to keep the electrodes in place, but it is easily removed with soap and warm water.
- 6. WHAT IS A MULTIPLE SLEEP LATENCY TEST (MSLT)?**

Some people also participate in daytime testing. This test consists of a series of 20-minute naps. Sensors and electrodes are used to record information similar to the polysomnogram test. 20-minute naps are taken every two hours throughout the day. Please bring something to read or work on during the day to help keep you occupied in between naps. A DVD player is available. The MSLT test is usually completed by 6:00 p.m.
- 7. IS THIS STUDY COVERED BY INSURANCE?**

Sleep studies are covered under most medical insurance plans, although deductibles and percentages of coverage vary. Details regarding coverage should be directed to your insurance company. Feel free to call The Center for Sleep Medicine at (708) 364-0261 and speak with the Account Coordinator, who is available to answer any remaining questions or concerns you may have.