



## **YOUR STAY AT THE WELLPOINTE SLEEP CENTER**

### **How long will I be at the sleep center?**

The typical stay at the sleep center will begin between 8:00 PM and 9:30 PM and be fully completed by 7:00 AM.

### **What should I bring to the Sleep Center?**

Bring your nightclothes and personal toiletries, such as robe, pajamas, slippers, toothbrush, shaving cream, razor, etc. You are welcome to bring any personal affects that will make your stay more comfortable, such as a pillow or blanket. It is recommended that women bring two-piece nightclothes as this simplifies the application of some electrodes.

There may be times during your stay when you will have free time available to you. Please bring something to do during those times. A TV and magazines are available for your use, but you may also want to bring your own reading material, playing cards, crafts, etc. The sleep center has WIFI available.

If you are currently taking medications prescribed by your doctor, please bring them with you and take them on your regularly prescribed schedule.

### **Is there anything I should not bring to the Sleep Center?**

Please do not bring any job-related work with you. Also, please do not bring any valuables or large sums of money with you, as we do not have facilities for securing your valuables.

### **Are there things I should do before coming to the Sleep Center?**

There are several things you can do to help ensure that we will obtain the best recordings possible. The electrodes must be applied to skin that is as clean and dry as possible. Please bathe or shower before coming to the sleep center. Do not use any cream rinse, hair relaxer, or styling products on your hair after washing. Also, do not use skin lotion or creams on your skin before your sleep study.

Women should remove all makeup before or shortly after arriving at the sleep center. Men without beards should be clean-shaven before coming in for their sleep study. Men with grown beards need not shave.

**PLEASE DO NOT HAVE ANY ALCOHOL OR CAFFEINE AFTER 12:00 NOON ON THE DAY OF YOUR SLEEP STUDY.** While in the sleep center, you will be on a caffeine-restricted diet until your study is completed.

**What time should I come in for my sleep study?**

Please report to the sleep center at your appointed time, which will most likely be between 8:00 p.m. and 9:30 p.m. on the day of your scheduled study. Please eat dinner before arriving.

**What will happen after I arrive at the WellPointe Sleep Center?**

Shortly after you arrive, you will be asked to change into your nightclothes. Juices and decaffeinated beverages will be available upon request.

Shortly after arriving, the technician will begin applying electrodes to your face, head and legs. The application of the electrodes is painless. The electrodes are attached with tape or paste. There are approximately 25 electrodes to be applied and it takes approximately one hour to complete this procedure. These electrodes simply sense electrical activity present in your body and conduct that information to our recording equipment. After your hookup is completed, you can relax until your bedtime, which is usually between 10:00 p.m. and 11:00 p.m.

**What happens at bedtime?**

The technician will apply a few additional sensing devices. Again, these are painless and will not restrict your movement during sleep.

There will be a technician in the monitoring room all night. If you need anything during the night, all you need to do is speak, and the technician will hear you through the intercom.

All patients are expected to stay in bed for 7 hours. The technician will wake you when the test is over. If you need to be awakened at a certain time, or need to leave the sleep center by a certain time, please notify the technician immediately upon arrival, so that your bedtime can be adjusted accordingly.

In the morning, your electrodes will be removed, and you will be allowed the opportunity to wash up and get dressed to leave. If you have daytime nap testing ordered, some electrodes will be removed, while others will be left on. You will be given your choice of available breakfast items.

**When do I receive the results of my study?**

Shortly after the conclusion of your sleep study, the technician will completely review and summarize the results. This report will be further reviewed by our sleep physician and the interpreted report will be forwarded to your physician. You will be contacted regarding any necessary follow-up by a sleep center representative or by your physician. **IF YOU HAVE ANY QUESTIONS OR PROBLEMS DURING YOUR STAY IN THE WELLPOINTE SLEEP CENTER, PLEASE FEEL FREE TO DISCUSS THESE CONCERNS WITH THE TECHNICIAN RESPONSIBLE FOR YOUR CARE.**