



1000 Meade Street, Suite 202 • Dunmore, PA • 18512
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_____, your Sleep Study has been scheduled for _____
at _____. Please arrive for your study in a timely manner, as the sleep technologists
are scheduled in concurrence with your appointment.

**PLEASE NOTIFY THE SLEEP DISORDER CENTER AT LEAST 24 HOURS IN ADVANCE
IF YOU CANNOT KEEP THIS APPOINTMENT. THE SLEEP DISORDER CENTER
RESERVES THE RIGHT TO BILL YOUR INSURANCE FOR FAILURE TO KEEP
SCHEDULED APPOINTMENTS. PLEASE CALL WITH ANY QUESTIONS.**

What to expect when you stay at the Sleep Center:

Testing in a sleep clinic entails spending a night in a private room during a nighttime sleep study. This is one of the most effective ways to find out if you have sleep apnea or one of the 83 other defined sleep disorders that affect more than 40 million Americans. We offer consultation offices, as well as state-of-the-art bedroom laboratories. The rooms are designed to be quiet and relaxing. Making you comfortable helps to minimize the normal stress that many patients experience before undergoing medical testing. It is painless and risk-free.

The Sleep Study, or Polysomnogram, is a test that monitors several body functions throughout the night. Data is collected using sensors that check your heart, lungs, brain, muscle movements, air flow from your nose and mouth, and your blood's oxygen level. A technician monitors any snoring, talking, or other movements during the night.

Upon your arrival at the Sleep Center, you will be shown to your private room. You will be asked to change into your night clothing (such as a pair of shorts and a T-shirt). The technologist will then apply the electrodes, which will record your brain waves and muscle tone throughout the night. The monitoring equipment records brain waves, muscle tone, rapid eye movement (REM), air-intake, and periodic limb movements. A microphone is attached to your neck to record snoring. There are two belt-like straps placed around the chest and lower abdomen to monitor chest and abdomen expansion and contraction. Despite all of the equipment, most people feel it does not disrupt their normal sleep.

After settling into bed, the technologist will go to a control room and communicate to you by intercom. You will be asked to perform certain tasks that will show that everything is recording properly. Observation of your sleep will be monitored on a closed circuit T.V. during the night, which enables the technologist to note your body position during sleep.

Once everything is working properly, the lights are turned off and you can go to sleep. This usually happens at about 11:00 p.m. Many patients are so chronically tired that they have no problem falling asleep. While you are sleeping, your brain waves will be recorded to determine when you are awake or in sleep stages. You will be awakened in the morning at approximately 6:00 a.m. and the electrodes will be removed. Since the electrodes are applied with a water-soluble glue and paste, you may want to bring a comb for your hair to help remove the glue or a cap/hat to wear home.

What happens to the data gathered during the Sleep Study?

Data recorded during the night is gathered by the polysomnographer, scored and summarized, and then interpreted by the pulmonologist. Your physician will review the results and make appropriate recommendations. The results of your test will be sent to the physicians you request to receive a copy. Further testing may be necessary, depending on the results of your diagnostic study.

Preparing for your Sleep Study

The following is a list of things to do prior to your study and things to bring to the study:

- **Please fill out the attached Medical History form and Sleep Questionnaire and bring them, along with your insurance card, to your sleep study.**
- If you have special needs, please advise us in advance.
- Avoid caffeine and excessive sugar intake.
- Before your sleep study, bathe and wash your hair. Do not use conditioners, gels, hair spray, mousse, oils, or makeup.
- Stick to your normal routine. If you usually drink alcohol, exercise, or take medication before bed, ask your doctor whether you should do so the night of your study.
- Bring your toothbrush, medications normally taken at bedtime, something to read, and anything else that will help you sleep.
- It is required that you bring appropriate, loose fitting sleepwear for your study.
- If you need to leave at a certain time in the morning, please advise us upon arrival.

Directions

From I-81 North:

- Take exit 186 (Drinker Street/Dunmore). There is a stop sign at the end of the exit ramp.
- Make a left at stop sign
- Proceed to traffic light and make another left onto Meade Street.
- Go to the last medical building on the right and turn into the parking lot.
- We share the same building as Advanced Imaging. We are located on the second floor, three doors down the hall on the right.

From I-81 South:

- Slightly after the Dunmore exit, stay to the right of the split on I-81 and head towards Interstate 80/380.
- Take the Tigie St. exit.
- At the end of the exit ramp, you will approach a stop sign. Make a right and proceed down Drinker Street. until you reach the first traffic light.
- At this light, make a left onto Meade Street.
- Go to the last medical building on the right and turn into the parking lot.
- We share the same building as Advanced Imaging. We are located on the second floor, three doors down the hall on the right.

From the Governor Casey Highway

- Near the end of the Casey Highway, take the Interstate 80/380 exit.
- Immediately get off Exit 1, the Tigie St. exit.
- Make a left at the end of the exit ramp.
- Go to stop sign and turn right onto Drinker Street.
- Follow Drinker Street until you reach the first traffic light.
- At this light, make a left onto Meade Street.
- Go to the last medical building on the right and turn into the parking lot.
- We share the same building as Advanced Imaging. We are located on the second floor, three doors down the hall on the right.