

Sleep Study Info

Your overnight sleep study has been scheduled for you!

At 8:00pm 8:45pm 9:30pm in our _____ Location.

**The technologist is not scheduled to arrive prior to 7:45pm. Please arrive no earlier than 8:00pm*

Your sleep study will be over by 6:00am the following morning.

**Please remember that costs are being incurred to plan and perform your sleep study. A private bedroom will be reserved for you and a Registered Sleep Technologist will be assigned to you to conduct your overnight Sleep Study. Due to the large block of time and resources needed for an overnight sleep study, last minute cancellations can cause problems and added expenses for our office. For that reason we request at least 48 hour notice to cancel or re-schedule your appointment. In the event that less than 24 hour notice is given or you do not show for your appointment you will incur a \$75 "no-show" fee that is not covered by your insurance.*

❖ Where to Go:

- We have 3 locations. If you are unsure of the location which you are scheduled at, please call.

CARY	251 Keisler Drive, Suite 100	Business Hours Ph: 919-552-8917	After-Hours Ph: 919-552-5888
SANFORD	101 Dennis Drive	Business hours Ph: 919-708-5008	After-Hours Ph: 919-708-5247
PINEHURST	295 Olmsted Blvd, Mellon Bldg, Suite 12	Business Hours Ph: 910-235-0595	After-Hours Ph: 910-235-0584

- If you need to contact the sleep center after business hours (8am-5pm), you may reach your technologist directly by contacting the after-hours phone number listed above between 8:15pm – 6:00am.
- If you have difficulty staying alert while driving please make arrangements for transportation to and from the center. Your ride will need to pick you up by 6:00am the following morning.

❖ What to Bring the Night of Your Sleep Study:

- Appropriate bedclothes (preferably two-piece pajamas). Short nightgowns are not recommended, and nudity is not permitted.
- If you currently use CPAP, please bring your mask.
- A list of all the medications you are currently taking.
- Any medications you may need during the night of your sleep study. Do not take any sleep aids prior to arriving at the sleep center and only after the technologist is finished attaching all of the sensors. Please make your technologist aware of any sleep aids that you take.
- Personal toiletries (toothpaste, toothbrush, comb, brush, etc.), and a change of clothes for the next day.
- Reading materials, tablet or laptop (Wi-Fi is currently unavailable).
- Please feel free to bring a special pillow, stuffed animal, fan or white noise device if desired.
- Your eyeglasses, if necessary (there will be more paperwork to be filled out when you arrive)

Cary - 251 Keisler Drive Suite 100 • Cary, NC 27518

Sanford - 101 Dennis Drive • Sanford, NC 27330

Pinehurst - 295 Olmsted Boulevard, Suite12 • Pinehurst, NC 28374



Henry Tellez, MD
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Greg L. Clary, MD

Board Certified in Neurology , Vascular Neurology, Neuromuscular, Sleep Medicine, Psychiatry and Internal Medicine

❖ **Preparing for your Sleep Study:**

- Avoid caffeine 6 hours prior to the sleep study.
- Eat dinner before you arrive. We do have a small refrigerator if you would like to bring a snack, and water fountains are available.
- Remove nail polish or artificial nail from at least one finger.
- Remove all make up and lotion on your face and legs.
- Clean/Dry hair (no sprays, gels, oils, or mousse.) No hair extensions, weaves, braids or hair pieces. If you have them, they MUST come out prior to testing. The Tech has to be able to attach multiple electrodes directly to your scalp in specific locations. If you normally put oil in your hair, don't use it for 2-3 days prior to testing and completely wash out all residue.
- If you have never seen our physician, you will need to fill out the "New Patient Packet" and "Sleep History Questionnaire" forms. You can download these from our website at www.sandhillsneurologists.com.
- If you require a caregiver to stay, accommodations need to be made in advance when scheduling appointment.
- Each center will have at least one bedroom with a recliner chair. If you prefer a recliner, please let us know upon scheduling.
- When you arrive, your technologist will greet you in the waiting area of the Sleep Center and will show you to your bedroom. In some locations, the outside door will be locked. Simply press the button next to the door and the technologist will buzz you in.
- There is a full size bed in each bedroom and a television. The TVs are equipped with basic antenna channels and also offer Netflix, Hulu Plus and Crackle TV for your movie entertainment.
- Once you are settled in your bedroom, you will change into your bedclothes and complete some additional paperwork.

❖ **During the Sleep Study:**

- Elastic belts are placed around your chest and belly. They measure chest movements and the strength and duration of inhaled and exhaled breaths.
- Sticky patches with sensors called electrodes are placed on your scalp, face, chest, limbs, and a finger. While you sleep, these sensors record your brain activity, eye movements, heart rate and rhythm, blood pressure, and the amount of oxygen in your blood.
- Wires attached to the sensors transmit the data to a computer in the next room. The wires are very thin and flexible. They are bundled together so they don't restrict movement, disrupt your sleep, or cause other discomfort.
- Each room has a camera and an intercom system. Should you need anything after you have gone to bed just speak out loud to your technologist and they will be right in.
- If you have signs of sleep apnea, you may have a split-night sleep study. During the first half of the night, the technician records your sleep patterns. At the start of the second half of the night, he or she wakes you to fit a CPAP (continuous positive airway pressure) mask over your nose and/or mouth. A small machine gently blows air through the mask. This creates mild pressure that keeps your airway open while you sleep. The technologist checks how you sleep with the CPAP machine. They adjust the flow of air through the mask to find the setting that's right for you.
- In the morning the technologist will wake you up between 5:00am and 5:30am. They will remove the sensors and help clean you up. You will be given a morning after questionnaire asking about your night's sleep here in the sleep center as well as a satisfaction survey. Please fill these forms out and give us any feedback about your service and what we can do to improve our services.

❖ **What Happens Next?**

- You should already have a follow-up appointment scheduled with Dr. Chintalapudi to go over all the results of your sleep study. Your technologist will not be able to give you any information regarding results of your sleep study. If you do not have a follow-up appointment already scheduled, please call us to find out if you will be receiving the sleep study results through your referring physician or if you need to schedule a follow-up visit with us.

Questions? Check out our website, www.sandhillsneurologists.com to answer many questions you may have or Contact us, at (910) 235-0595

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