



## Sleep Study Instruction Sheet

Name \_\_\_\_\_

Your \_\_\_\_\_ study has been scheduled on \_\_\_\_\_

At the St. Charles Sleep Center

Bend

or

Redmond

2042 NE Williamson Ct.  
541-706-6905

655 NW Jackpine  
541-526-6661

**Please notify us immediately if you are unable to keep your appointment.**

### To provide the most accurate study we ask that you follow these instructions:

1. Bring in any **medications** you will need to take during your stay with us. Please make sure they are in their original **containers**.
  - a. Sleep aids are not available at the lab. If your physician has prescribed a sleep aid for this test, please be sure to bring it with you and **don't take it before you come to the lab.**
2. If you are **diabetic** and need to check your blood sugars, please bring your glucometer and anything you will need to manage your blood sugars.
3. Avoid **caffeinated drinks** after 12pm on the day of your study.
4. Avoid **alcohol** on the day of your study unless previously discussed with your sleep provider.
5. **Nicotine** needs to be suspended 3 hours prior to your study.
6. **Do not nap** on the day of your study.
7. Please come with **clean hair**. Avoid using oils or sprays.
8. **No other guest** may stay the night in your room other than a medical caregiver, if needed, or one parent of a pediatric patient.
9. If you are already on CPAP, **please bring your mask** with you.

### What to Bring:

Pajamas (no onesies), toiletries, medications (in their original containers).

Pediatric patients: stuffed animal, books, special blanket.

Snacks and drinks if needed & a cooler if they need to stay cold.

### Time to Arrive:

Please arrive at your scheduled time. Unless it has been prearranged, doors do not open before 7:30pm.

### Discharge time:

Wake up time is **5:30am**. Please have transportation arranged to pick you up by 6:30 AM.

### Financial Information:

**We advise that you contact your insurance carrier if you have any questions regarding your coverage.**

**If you have any questions regarding cost of the study, please call 541-706-6905.**

Payment plans and financial assistance may be available to you through our business office.

Please call 541-706-7750 or 1-800-972-3194.

**The Sleep Center is a smoke & vape-free environment.  
If you do need to smoke or vape, you may do so off of St. Charles property**

## WHAT TO EXPECT FROM YOUR SLEEP STUDY

### General Information:

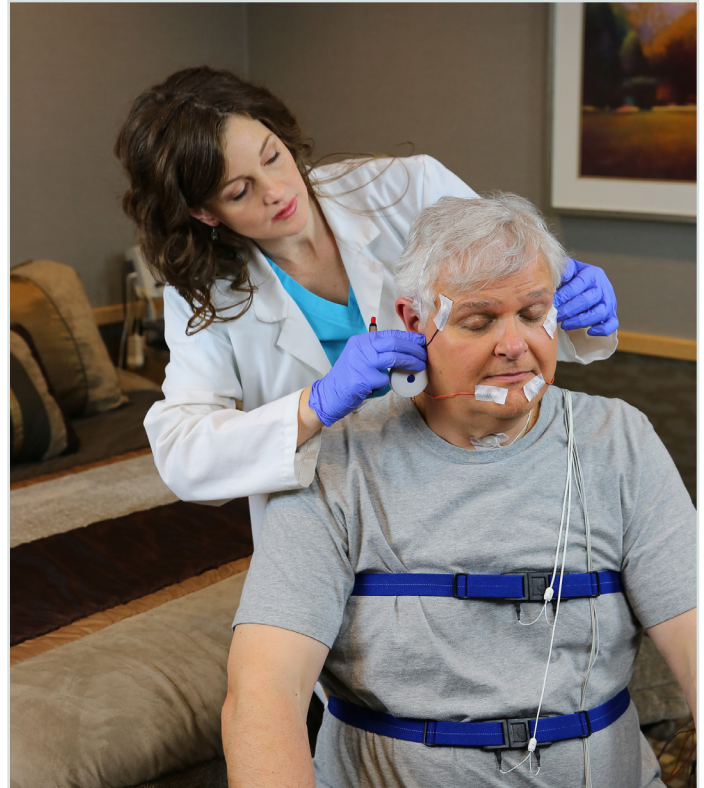
A sleep study monitors your brain waves, breathing, heart rate and body movements while you sleep overnight.

It is performed in a sleep center by a trained sleep technologist, who monitors your study while ensuring your safety and comfort. The results of your sleep study will enable your doctor to correctly diagnose your sleep disorder or determine that your sleep is normal.

On the day of the study, you will be asked to arrive at the sleep center in the evening. The technologist will attach sensors to your head, chin, chest and legs. You also will wear soft belts around your chest and stomach. An oxygen monitor will be clipped on your finger. Some centers may use a microphone to measure snoring. A video camera will record the sleep study to ensure your safety.

You will then be allowed to fall asleep while the technologist monitors your sleep parameters on a computer. The technologist may wake you up in the middle of the night to ask you to change your body position or to replace wires if they come loose.

Your doctor may have ordered a “split-night study” if you are at risk for obstructive sleep apnea. If you show clear signs of sleep apnea during the first half of the study, then the technologist may apply Continuous Positive Airway Pressure (CPAP) therapy during the second half of the night. CPAP provides air pressure through a mask that opens the upper airway during sleep.



### How Can I Learn More?

- Talk to your board-certified sleep medicine physician.
- Visit [www.sleepeducation.org](http://www.sleepeducation.org)

After you wake up in the morning, the technologist will help remove the sensors, belts and oxygen monitor. The data from the study will be reviewed by a board-certified sleep medicine physician, who will make a diagnosis.

### Before Arriving:

- Before your sleep study, try to follow your regular routine as much as possible, but you should avoid naps and caffeine during the afternoon. Also avoid using hair spray or hair gel, or wearing hair extensions, all of which can interfere with sleep study sensors.



## FREQUENTLY ASKED QUESTIONS

### 1. Is the sleep study painful?

No, the sleep study is not painful, but the technologist may ask you to try to sleep on your back during the study. Please inform the technologist if sleeping on your back is uncomfortable.

### 2. What if I can't fall asleep?

Most people do not have difficulty sleeping during the study. If you do have trouble falling asleep, medication may be used to help you. Even if you are unable to sleep the entire time, you will likely sleep long enough for your doctor to make a diagnosis.

**3. Is a family member or friend allowed to stay with me?** Usually someone can come with you to the study but not stay with you overnight.

**4. Will I be able to use the restroom during the study?** Yes, you can use the restroom in the sleep center. The technologist can easily disconnect the wires so that you can go to the bathroom privately.

**5. Should I bring my nighttime medications with me?** Yes, be sure to bring any medications that you take at bedtime. Please let the technologist know about the medications before you take them.

### 6. Can I sleep in a recliner?

Generally, it is required for you to try to sleep in the bed. Sleeping in an elevated position in a recliner may affect the results of the study.

### 7. Can I have the television on?

Many sleep centers do not have televisions. If there is a TV in the bedroom, you will be required to turn it off prior to bedtime. Otherwise, the TV might interfere with the sleep recordings and interrupt the study. Cell phones and other electronic devices also will need to be turned off to minimize the chance of sleep disruptions.

### 8. Is the bed comfortable?

Most sleep centers have beds that are as comfortable as a hotel bed. Some sleep centers have memory foam beds or hospital beds available, depending on your needs.

### 9. What if I can't tolerate the CPAP mask?

If you receive CPAP therapy during the second half of the study, the sleep technologist will help you get used to the treatment. The sleep technologist may try more than one type of mask or make other adjustments to help you feel more comfortable. If you are unable to sleep with the mask, the study may be continued without the treatment.

### 10. How will I know the results of the sleep study?

The morning after your sleep study, you will be provided with discharge instructions and a follow up appointment. The complex data collected during your sleep study will be thoroughly reviewed by an interpreting MD and finalized within two to three weeks.



### Questions For Your Physician

Take a few minutes to write your questions for the next time you and your child see their doctor.



### Sample Questions:

Why do I feel tired all the time?

What is a CPAP machine and how can it help me?

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