



Sentara Martha Jefferson Sleep Medicine Center

Welcome to the Sleep Center at Martha Jefferson Hospital. We will try to make your stay as pleasant as possible. The Following information should answer many of your questions.

Location: The Sleep Center is located in the Hilton Garden Inn Hotel on Pantops Mountain on Rte. 250 East (1793 Richmond Rd, Charlottesville, Va. 22911) **Our office is located on the 4th floor, room 405.** You **do not** need to check in at the front desk. You may park in any parking spot available in the lot.

What to do if you cannot keep your appointment: Call Central Scheduling at 434-654-8155 as soon as possible. If you call and get our voicemail, leave a message. Someone will return your call as soon as possible to help you with your needs.

Cancellations or reschedules must be made 48 hours prior to your appointment time.

HOME SLEEP STUDY

What to bring:

- ✓ All primary and secondary insurance cards and a photo ID.
- ✓ All paperwork given to you by the sleep physician, such as sleep questionnaires, personal sleep diary. (Not all physicians give paperwork, so you may not have any to bring)
- ✓ A list of current medical conditions and medications.
- ✓ If the patient is under the age of 18, a parent or guardian must be present for appointment.

What will happen?

- ✓ Upon arrival a technologist will greet you and verify your identity.
- ✓ You will be given paperwork to complete, and you will watch a short, 6-minute video explaining how to apply the equipment.
- ✓ The technologist will go over the equipment further with you and answer any questions you may have.
- ✓ **You will need to return the equipment the following day by 10am unless otherwise arranged with the Sleep Center staff.**
 - Equipment can be dropped off at the front desk of the hotel any time of day.
 - A different drop off time can be arranged under certain circumstances but must be set up in advance with the Sleep Center.

What to do before performing your at home sleep test:

- ✓ Bathe or shower. Refrain from using body oils and lotions as they will interfere with the application and signal of the equipment.
- ✓ Remove acrylic, gel, or any other artificial nails from at least the two index fingers on your hands. Nail polish must also be removed from these fingers. Artificial nails and nail polish can interfere with the oxygen reading, giving a false measurement of your oxygen saturation.
- ✓ Please keep your normal daytime schedule but **DO NOT NAP.**
- ✓ Eat a healthy and filling meal. A big or late meal may make you drowsy, but your digestive system may keep you awake later. An empty stomach may also make you toss and turn.

- ✓ Do not have caffeine products such as coffee, tea, and soft drinks or eat chocolate after lunchtime the day of your study.
- ✓ Unless otherwise directed by your doctor, continue regular medications.

When will I know my results:

- ✓ Technologists will download the test and prepare the results for the physician to review.
- ✓ The technologists score and analyze the raw data. The sleep physician will review and interpret the report.
 - Technologists cannot and will not give any specific information regarding the study (such as if or how often you have breathing events). Only the physician can give you your official results.
- ✓ You will receive your final results and diagnosis from your physician at your follow up appointment.
- ✓ Your physician will either make your follow up appointment at the time of your original visit, call you once the study has been read, or you can call your physician to make follow up arrangements.
- ✓ In some cases, it may be necessary to repeat your sleep test. This can result from multiple situations, such as a patient's inability to sleep, limited documentation of events, or technical problems. The Sleep Center will call you to schedule another test if necessary, or your physician will discuss this with you at your appointment following the test.

MASK FITTING APPOINTMENT

What to bring:

- ✓ Please bring your current mask and headgear, unless otherwise notified, you will not need your hose or CPAP machine.

What will happen?

- ✓ Technologist will greet you, verify your information, and ask that you sign your consent form.
- ✓ After discussing your issues and concerns the technician will make some suggestions and give you the opportunity to try several masks. You will be able to take home any and all masks you find comfortable, and the tech will advise you on how long to try them and how to keep track of their performance.
- ✓ Once you have decided about the masks you tried, you will be instructed to report that to the Sleep Medicine Center; a note will be sent through your chart to your doctor so that they can place an updated prescription to your DME company to ensure the correct supplies be sent to you.

If you have any other questions or concerns regarding your study, please feel free to call the Center at 434-654-5280.