



## 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.

**Patient Name:** \_\_\_\_\_

**Overnight Sleep Study Date/Time:** \_\_\_\_\_

**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 4<sup>th</sup> 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.**

### OVERNIGHT SLEEP STUDY

**When to arrive:** Please arrive at the Sleep Center between 8-8:30 p.m., unless otherwise arranged prior to study. If you arrive before this time, please wait in the lobby until check in time. For more specific directions, or questions about your study, please call the Sleep Center 434-654-5280.

If the patient is under the age of 18, a parent or guardian must stay for the entire study, including any additional studies the following day when applicable. The physician will tell you ahead of time if they will be ordering additional testing to be performed during the day, following your overnight study study. The morning after your study, your technologist will confirm whether you have met the criteria required to stay for this additional testing.

**What to do before coming:** Bathe or shower, drying hair before arriving. We must attach electrodes and sensors to your scalp, face, and body. Refrain from using body oils and lotions as they can interfere with the application and signal of the equipment. Be prepared to remove all makeup prior to the application of electrodes and sensors. Please keep in mind that you will be asked to remove any hairpieces you may wear. For men, if you do not normally maintain a beard or goatee, a clean-shaven face would be appreciated. Please remove acrylic nails and/or dark nail polish from at least your index fingers as artificial nails and dark polish can interfere with providing accurate oxygen saturations.

**Do and Don'ts on the day of your study:**

- ✓ DO continue taking all prescribed medication unless, otherwise instructed.
- ✓ Remove acrylic nails from at least two index fingers.

- ✓ Eat a healthy and filling meal prior to arriving at the Sleep Medicine Center. A big or late meal may make you drowsy, but your digestive system could keep you awake later. An empty stomach may also make you toss and turn.
- ✓ **DO NOT** drink caffeinated beverages after **12noon** and **No alcohol**
- ✓ Please keep your normal daytime schedule but **DO NOT NAP.**

#### What to bring:

- ✓ All primary and secondary insurance cards and a photo ID.
- ✓ Any 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.
- ✓ Comfortable, loose-fitting, two-piece sleeping clothes, **cotton preferred. Please no rayon, silks, or chiffons, or tight leggings.** These fabrics will cause movement of the equipment used to monitor you during the study, possibly producing inaccurate readings.
- ✓ Each room has its own shower. The hotel provides shampoo, conditioner, soap, lotion, hair dryer, towels and washcloths. You will need to bring other items, such as toothbrush, toothpaste, brush/comb, etc.
- ✓ A favorite pillow or blanket, if desired.
- ✓ A book, magazine, or small hobby (i.e. cross-stitch, crochet, knitting), if you wish.
- ✓ Change of clothing.
- ✓ A light, non-caffeinated snack and/or drink. Feel free to bring bottled water to keep at your bedside. There is a refrigerator and microwave in the room.

#### What will happen:

- ✓ You will arrive at their location between 8:00pm and 8:30pm.
- ✓ Upon arrival, a technologist will greet you, show you to your private room, take vital signs, provide a brief orientation, and give you paperwork to complete.
- ✓ If signs of Obstructive Sleep Apnea Syndrome (OSAS) are present and significant enough, the technologist may begin treatment with a Positive Airway Pressure (PAP) machine for further diagnostic information. A mask or other style of PAP interface will be used in conjunction with the PAP machine. A technologist will explain this further and answer any questions you have once you are at the Sleep Center. **If you are not started on PAP therapy, it does not mean you do not have sleep apnea or some other sleep disorder.** Your physician will explain to you any findings at the follow up appointment.

#### When you can go home after the study:

- ✓ Technologists will typically begin to wake all patients around 6:00am and remove equipment.
- ✓ You do not have to leave your room until 9:00am. If you requested a room key, you will return the key to room 405 or leave it in your room. A voucher will be given to you for breakfast in the hotel's restaurant if you choose to eat.

#### When will I know my results?

The Technologist will review the test and prepare it for the physician. You will receive your results from your sleep physician at your follow up appointment. **The technologist cannot and will not give any specific information regarding the results of your study.** Only a physician can give you those results. Please ask your technologist if you need more information regarding your follow up appointment.

**Other information:** In addition to a nocturnal study, some patients may require a daytime study be performed the day after the overnight study. **If such a study is required, your physician will notify you when scheduling your study.**

### What to expect for Multiple Sleep Latency Testing (MSLT)

- ✓ You will be provided breakfast, but the restaurant is not open in the afternoon, **patients will be required to bring snacks and/or lunch with them or arrange for someone to deliver.**
- ✓ Series of 4-5 nap opportunities, occurring about 2 hours apart from each other.
- ✓ First opportunity typically begins about 1.5 hrs. after the nocturnal test ends.
- ✓ Between opportunities you will be asked to stay out of the bed and the room will be brightened (lights, opening blinds)
- ✓ You may be asked to provide a urine sample prior to or at some point during the MSLT, if ordered by your physician.
- ✓ The technologists will not be able to give you any details regarding what is happening during the opportunities, but will ask you questions about what you feel like you did (stayed awake, slept, dream, daydream, thinking, etc.)
- ✓ Patients are asked to plan to be here until about 4:30-5:00pm.

### What to expect for Maintenance of Wakefulness Testing (MWT)

- ✓ Series of 4 trials, occurring 2 hours apart from each other.
- ✓ Each trial lasts for 40 minutes.
- ✓ You will be asked to sit in the bed, with the roomed darkened, and not fall asleep.
- ✓ You may be asked to provide a urine sample prior to or at some point during the MWT, if ordered by your physician.
- ✓ The technologists will not be able to give you any details regarding what is happening during the opportunities, but will ask you questions about what you feel like you did (stayed awake, slept, dream, daydream, thinking, etc.)
- ✓ Patients are asked to plan to be here until about 3:30-4:00pm. Technologists will try to release you sooner, but priority is making sure thorough data is gathered