

# Frequently Asked Questions for Sleep Studies



**When do I turn in my paperwork?** All paperwork should be turned in prior to testing.

**What time will my sleep study appointment be?** All sleep study appointments are set for 8:30 p.m. Patient will be allowed to enter the sleep center beginning at 8:30pm, so there is no need to arrive early.

**HOW DO I PREPARE FOR MY SLEEP STUDY?** Read the “How to Prepare For Your Sleep Study” pamphlet included with your large white envelope of paperwork.

**Can I arrive early?** Patients should arrive as close to 8:30 p.m. as possible as the staff will not be prepared to receive patients until 8:30 p.m.

**What time will I leave after the sleep study?** Dismissal times are typically between 6:00 am & 6:30 am

**What does the test monitor?** An in lab sleep study monitors your heart, brain, breathing, movements, snoring, and oxygen. Typically there will be 24 electrodes/sensors applied for each test. These sensors are placed on the head, face, neck, chest, waist, legs, and hand.

**Is there a shower and/or bathroom available?** There are no showers. A bathroom is conveniently accessible for each testing room.

**What happens if I have to get up to go to the bathroom during the test?** A staff member will make a simple disconnection taking only a few seconds and then you will be free to go to the restroom on your own.

**Can someone stay the night with me during the sleep study?** An attendant, family member or friend may stay overnight only if medically necessary or if the patient is a minor.

**Will I be given something to help me sleep?** Sleep sedatives are not kept at the sleep center. The Doctor must write a prescription and the patient may self-administer medication as instructed by their physician.

**Is there a phone available?** There is a phone available in the case of an emergency. Use of cell phones and other electronic devices interfere with the recording of the sleep study.

**How am I going to sleep with all those wires on me?** On average, our patients sleep between six and seven hours during their sleep study. The vast majority of our patients are able to sleep better than they expect.

**When will I receive my results?** Within ten business days.

**Can I smoke during the test?** RRSC policy currently prohibits smoking/tobacco use once the electrodes are in place. A final smoking period may be provided just before the wires are placed. RRSC does not permit the use of smokeless tobacco or electronic smoking devices of any kind.

**What can I do about any residue left in my hair?** First rinse your hair with warm water only. Then wash your hair using your regular shampoo. Use caution and make sure you prevent anything from getting into your eyes.

**If I do have sleep apnea, when will I receive my equipment to begin home therapy?** Usually within a few days of receiving your results. This process is delayed when insurance companies requires precertification.