



114 Vision Park Blvd., Suite 100 Shenandoah, Texas 77384

Arrival Time: Between 7:30-9:30 pm (you do not have to go to sleep at this time)

- You have been scheduled for a Sleep Study because your physician is concerned you may have a serious medical condition called **sleep apnea**. Sleep Apnea is a condition of disordered breathing that occurs only at night. With this condition patients stop breathing multiple times during the night. Undiagnosed, the condition is dangerous and can cause other medical conditions to worsen, such as diabetes and hypertension.
- Please understand a bed and a technician has been reserved especially for you on this night. If you are unable to attend at the last minute it is impossible to fill that slot and the bed will go empty for that night, but more importantly your condition will remain undiagnosed.
- Wear comfortable clothing - or bring something to change into to sleep in. Please eat dinner before arriving. But avoid caffeine and sugar 4 hours before coming in.
- Our Rooms: Queen-sized bed, television, wireless internet, and cable. You may bring anything you use to sleep (special blanket/pillow), medications you take at night, special music & player/DVDs & player/books, if you wish.
- All you need to bring is an overnight toiletry bag (toothbrush, toothpaste, other special items).
- **Bring insurance card, photo ID, and a list of medications with you for our files.**

WHAT TO EXPECT

- **1st Night Study**
 - The technician will apply electrodes to your head, face, and chin to monitor your stages of sleep (REM)
 - Electrodes will also be applied to monitor for restless leg movements
 - Bands will be applied around your chest and abdominal area to monitor respiratory effort
 - EKG will be done and monitored
- **2nd Night Study**
 - You will be hooked up in the same manner as the 1st night
 - You will be fitted for a CPAP mask or nasal pillows to be worn with the CPAP unit
 - The technician will explain the CPAP titration process and answer any questions you may have.

CPAP SET UP FOR HOME USE (if indicated)

You will be given a machine with all accessories you will need to take home to be used prior to leaving the lab. The technician will explain the equipment and its cleaning needs.

Please notify us if you need to cancel or reschedule at least 24 hours in advance. Since this appointment is specially scheduled for you and a backup is hard to find at the last moment.