

Pulmonary Medicine Associates Sleep Laboratory



1508 Alhambra Blvd, #200 Sacramento, CA 95816 916.325.1040

We look forward to seeing you at 7:00 p.m. on _____ for your sleep study appointment.

If you anticipate being late or are unable to keep your scheduled appointment, please call PMA's Alhambra location between the hours of 8 a.m. and 5 p.m. (Monday – Friday) at **916.325.1040**.

If you are unable to call during normal business hours, please contact the Sleep Laboratory **AFTER** 7:30pm at **916-483-8042**.

Since a testing room and a technologist have been reserved especially for your sleep study, at least **24 hours** cancellation/rescheduling notice is required to avoid incurring any charges.

Patients should plan to arrive between 7:00- 7:15 p.m. Please do not arrive at the Sleep Lab before 7:00 p.m., this will give our night staff a chance to prepare for patients as they do not arrive to the sleep lab until 6:30 p.m.

PREPARING FOR YOUR SLEEP STUDY

- Do not consume any caffeine (coffee, tea, cocoa, or chocolate) or alcohol after **NOON** the day of your test.
- Do not take any naps during the day of your study, if possible.
- Maintain your regular daytime schedule.
- Your hair should be clean, as electrodes will be placed on your scalp. Please do not use hairspray, gel or other hair care products.
- Please do not wear make-up. If this is not practical, be prepared to remove your make-up when you arrive.
- Men, unless you have a beard, please arrive clean-shaven. If you have a beard, we can work around it, but stubble can make it difficult to adhere sensors.
- **Hairpieces and hair weaves must be removed.** (We must be able to get to your scalp to do the test).
- Pack a small snack (No Caffeine) if you get hungry during your stay. The sleep lab has a refrigerator and microwave which can be used before the sleep study begins. The sleep lab **does not** provide food or beverages.
- If a spouse or friend is driving you from out of town, he or she will need to stay at a **local hotel/motel**.
- If a patient is **younger than 18**, a **legal guardian must stay throughout the study**.
- Although you will have a private room, please do not bring large amounts of cash, credit cards, or any items of value. The PMA Sleep Lab is not responsible for lost or stolen property.
- During the sleep test you will be asked to turn off and put away all electronic devices (cell phone, tablet, laptops) as these may interfere with our equipment. Cell phones can be used up until the sleep study begins.

WHAT TO BRING

- Bring a list of ALL medications you are taking.
- Do not stop any medications unless specifically requested by your referring physician. Be sure to bring all the medications you will taking during the sleep study with you. **The sleep lab does not dispense any medications.**
- Pack as if you are staying in a hotel for the night – pajamas (cotton is best), robe and slippers. A toothbrush, toothpaste, mouth wash and soap are available at the Sleep Lab if needed.
- We ask that you wear clothing throughout the study. **You are not permitted to sleep without some clothing on.** Although pillows and blankets will be provided, you are encouraged to bring your own pillow or comforter if it may help you sleep.
- There is a television in each testing room, but you may also want to bring some reading materials.

SPECIAL NEEDS

Technologists in the sleep lab are **not nurses** and cannot provide help with medications, nutrition, mobility, or personal hygiene. If you require **ANY assistance** with daily activities or tasks, you will need to bring a caregiver stay overnight with you. Please let our office know during the scheduling process so appropriate arrangements can be made.

THE STUDY

Please be advised that although we will make you as comfortable as possible there may be some discomfort as this is a medical procedure.

A sleep technologist or office staff will check you in and settle you into your testing room.

Your technologist will explain all procedures that will be completed for your study. It will take approximately **30-45 minutes to apply the sensors.** Procedures will include the following:

- Electrodes will be placed on your scalp, temple, and chin to monitor brainwaves and muscle movement during sleep.
- A snore sensor will be placed on your neck.
- Electrocardiogram (ECG) wires will be attached to monitor your heart.
- Two belts will be placed on your abdomen and chest to monitor breathing.
- Two leads will be placed on each leg to monitor movement.
- An oxygen sensor will be placed on your finger to monitor oxygen levels throughout the night.
- An air sensor will be placed by your nose to monitor your breathing during the night.
- These sensors may slightly limit your mobility in bed but are not obtrusive.

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Throughout the study, the technologist will be available and can be reached by an intercom device to assist you at any time. Patients may be disconnected, with assistance, from the monitoring equipment anytime throughout the night if they need to use the restroom or get up out of bed. Your study will be completed by 6 a.m., and you will be free to freshen up and depart at this time. Checkout time is no later than 7:00 a.m.

If a CPAP or BiLevel therapy is used during the study, the technologist will explain that process to you during a trial demonstration before bedtime.

NON-SMOKING FACILITY

Please note this is a non-smoking facility. Smoking is not permitted on the premises. If you feel you will need to smoke, you will have to notify the technologist that you would like to step outside. The technologist will have to take you down the elevator and escort you outside. Once you are finished you will need to be let back into the building and escorted up the elevator and into your assigned room.

THINGS TO KEEP IN MIND

The sleep study requires that you be in bed **at the latest by 10:30 p.m.** and awakened in the morning **no later than 6:00 a.m.** Due to staff considerations, you will need to be ready to **depart the sleep lab no later than 7:00 a.m.**

Please make sure to collect all of your belongings in the morning. We will only hold forgotten items for **one week from the date of your procedure.**

Remember, if you have any additional questions or concerns, we can be reached at 916.325.1040.

FREQUENTLY ASKED QUESTIONS FOR OVERNIGHT SLEEP TEST

Question: Why do I have to arrive at 7:00 p.m.?

Answer: We require that all patients arrive at 7:00 p.m. because we have multiple patients to set up. This can take 30 to 45 min per patient and we are required to get everyone into bed no later than 10:30 pm to allow us to capture the standard 7-8 hours of recording. This will also allow you settle in and have any questions or concerns answered by your sleep technologist.

Question: Are the rooms soundproof?

Answer: The rooms do have extra insulation to minimize exterior noise however they are not 100% soundproof. If you find that external noises are bothering you, we can provide you with earplugs.

Question: At what time will you be waking me in the morning?

Answer: The technologist will be waking you between 5:00 a.m. - 6:00 a.m. (depending on when test started) unless otherwise specified by you or the physician. If you require an earlier wake up time, please be advised that you may be asked to go to bed earlier to allow for collection of the standard 7-8 hours of recording.

Question: If I wake up during the night and can't go back to sleep can I go home?

Answer: We are required to acquire a **minimum of 6 hours** of record time for a conclusive study. We may ask you to remain in bed and just relax. It has been our experience that most patients do get back to sleep. If you do decide to leave you will be asked to sign an early termination form which makes you responsible for payment of the procedure should your insurance deny the claim. This also states that you are leaving against medical advice (AMA).

Question: What happens if I tear off an electrode?

Answer: This will show up on our tracing and the technologist will come in the room to re-apply or correct the problem.

Question: Do I have to wear the finger probe?

Answer: Yes, the finger probe is an essential diagnostic part of the study. It measures the oxygen levels in your blood throughout the night which can be affected by any breathing difficulties such as sleep apnea and heart arrhythmias.

If you have any other questions or concerns, please give us a call at
916.325.1040 or **916-483-8042** after regular business hours.

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DIRECTIONS AND INSTRUCTIONS WHEN ARRIVING IN TO THE PMA SLEEP LABORATORY

Contact:

To reach a PMA sleep technologist the evening of your sleep study (after 7:30pm), call **916-483-8042**.

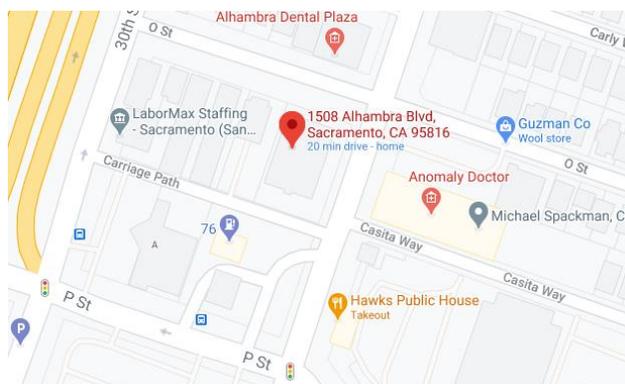
If sleepiness has been a problem while driving or during other potentially hazardous activities, we advise that you avoid those activities until your sleepiness has been resolved with treatment.

Parking:

Secure parking is available in the garage at PMA 1508 Alhambra Blvd, #200 Sacramento CA 95816. Entrance is on both Alhambra Blvd and O street (side of the building). Please note that over-night street parking may be available in the area, however it is not under camera surveillance.

Upon arrival, please use the call box at the building entrance from the garage. Let them know that you are a Sleep Lab patient, and a staff member will unlock the door. Take the elevator to the second floor to check in for your sleep study.

Map and Directions to PMA Downtown Sacramento



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Westbound I-80:

- Take I-80 West
- Continue on I-80 W.
- Take I-80BUS W/Capital City Freeway
- Take J Street exit 7A from I-80BUS W
- Left on J Street
- Right on Alhambra Blvd
- Continue to 1508, enter parking garage

Northbound CA-99:

- Take CA-99 North
- Continue on CA-99 N
- Take T Street exit
- Continue straight onto 30th Street
- Right on O Street
- Right on Alhambra
- Enter parking garage at 1508