



Please do not arrive more than 10 minutes early for your test, as the technologists need time to prepare for your arrival.

Preparing for your In-Lab Sleep Study

The day of your study:

Avoid excessive caffeine (coffee, tea, soda, chocolate, etc.) after 12:00PM. Avoid alcohol, unless otherwise directed by your physician, and refrain from tobacco use 4 hours prior to your appointment time. Before coming to the sleep center, wash your hair with shampoo only, dry your hair and do not apply hair sprays, oils or gels. Avoid lotions or use sparingly. Facial stubble is not acceptable – you must be either clean shaven or wear your beards and/or mustaches as normal. The presence of facial stubble may have a negative impact on the sensors' (electrodes') ability to remain on the jawline and chin throughout the study and it may lead to unsatisfactory results. Additionally, artificial fingernails may cause problems for our recording equipment; we may need to ask to remove one artificial nail for the study.

Should I take my medications as usual?

It is important for your sleep provider to know if you are taking any prescribed or over-the-counter medication, since certain medications can affect sleep and the interpretation of a sleep study. However, if you are currently taking sleep medication, please bring it in with you to the appointment and notify your technologist before taking it. **DO NOT TAKE SLEEP MEDICATION BEFORE DRIVING TO YOUR VISIT.** Sometimes certain medications need to be discontinued gradually prior to a sleep study so that the results can be interpreted correctly, but do not discontinue any prescription medication without first talking to your sleep provider.

What if I have special needs?

If you have any special needs or impairments, please call (720) 279-9098, option 5, then option 3 to make the proper arrangements.

What should I bring?

Please bring your insurance card and driver's license. Pack an overnight bag as you would for a stay at a hotel with a two-piece pajama set (**Including pants/shorts and a shirt**), personal hygiene items, and a change of clothes for the morning. **The quality of your sleep study will be improved if you turn off your cell phone during the overnight testing process.** We understand some people must be available by cell phone during the night, but we highly discourage it.

If you have your own positive airway pressure (CPAP) mask, please bring your mask and tubing (do not bring your machine). We supply oxygen, but please make sure your tank is sufficiently filled for the trip here and the trip home.

For your comfort, it is strongly recommended that you bring your own pillow(s). However, we will have two freshly cleaned pillows ready for you on your bed when you arrive if you'd like to sleep with those.



What happens when I arrive?

If your appointment is in our **Longmont** location, you will find an intercom system on the right-hand wall of the vestibule for the building. You will use this system to call the technologist to let you into the building.

If your appointment is in our **Westminster** location, you will arrive at the main entrance of the Panorama Orthopedics building, which is one building south of Centura Health - St. Anthony North. Upon entry, you will find an intercom system on the left-hand wall of the vestibule of the building. You will use this system to call the technologist to let you into the building.

If your appointment is in our **Parker** location, you will arrive at the main entrance of the Sierra building. Upon your arrival, please call (720) 458-5848 to let the technologist know you have arrived, and the technologist will come down to the main entrance to greet you.

If your appointment is in our **Frisco** location, you will find an intercom system on the left-hand wall of the vestibule for the building. You will use this system to call the technologist to let you into the building.

If you have any questions or issues arriving to your appointment on the night of your study, please call (720) 279-9098, option 5. A technologist will be available after 7pm at this number.

Please note: We may not be able to accommodate patients who arrive **30 minutes** past their scheduled appointment time, per policy. (located on the last page)

The Technician will give a courtesy call 5-10 minutes past the scheduled arrival time, to verify whether you are in route and clarify directions or arrival instructions.

When you arrive at the sleep center, a technologist will greet you and show you to your bedroom. You will be shown the equipment that will be used and given a chance to ask questions. You should inform the technologist of any changes in your sleep or specific difficulties you have not already discussed with your physician. You will have time to change into your nightclothes and get ready for bed. If you have a commitment in the morning (for example, you have to be at work at a certain time) be sure to inform the sleep technologist so your wake-up time can be confirmed.

Next, a series of sensors (electrodes) are applied to the skin on your head and body. These sensors monitor the activities that go on in your body during sleep, such as brain waves, muscle movements, eye movements, breathing, snoring, heart rate, and leg movements. Flexible elastic belts around your chest and abdomen measure efforts to breathe and a clip placed on your finger monitors the level of oxygen in your bloodstream. Getting the leads applied takes about half an hour. None of these devices require any needles; all are designed to be as comfortable as possible.



What happens during a sleep study?

Your sleep technologist will stay awake all night in a separate control room and monitor your sleep study in real time. You will be able to rollover and change positions as you would at home. The technologists may ask you to try to spend some time sleeping in different positions throughout the night, including on your back.

Where possible, sleep rooms are designed to be without time cues (e.g. windows and clocks) to increase sleep efficiency. Your study will be video recorded for later review of any abnormalities observed during the study. If a breathing problem is observed during your study, the technologist may awaken you in order to initiate treatment with a breathing assist device called positive airway pressure (PAP). This is a medical device that provides breathing support through a mask that fits over your nose or soft silicone plugs that fit into your nostrils. Some PAP masks fit over the mouth and nose. If your provider has requested that PAP be initiated during your study, your sleep technologist will help you find a mask that is comfortable and give you a chance to handle the mask and practice with it before you go to sleep for the night.

What if I need to use the restroom?

This is a very easy task. All the wires are plugged into a little box that you wear on your body. Depending on location, you will either have a call button or be encouraged to simply say out loud that you need to go to the bathroom and the technologist will come in your room and guide you to your bathroom.

What happens after my sleep study?

Once the sleep study is completed, all the electrodes and sensors are carefully removed from your body. You will notice some electrode paste on your scalp after the electrodes are removed. You will be given an opportunity to shower. Some people with sensitive skin may experience a slight irritation from the tape/electrodes; this is normal. We recommend cleaning your face to remove any residual adhesive from your skin immediately following your sleep study.

A typical sleep study comprises approximately 1000 pages of data that must be reviewed in detail. First, a sleep technologist “scores” the large amount of raw data recorded during the study, then a sleep physician reviews the scored study and produces a report including their interpretation of the data. Because of this time-consuming process, sleep studies can take 1-2 weeks before the final report is available.



Colorado Sleep Institute Sleep Lab No-Show and Late-Arrival Policy

In an effort to maximize efficiency and support our technicians ability to perform the necessary hook-up and testing of equipment, we are notifying you of the no show and late arrival policy.

Colorado Sleep Institute requires that all appointments be canceled or rescheduled with at least a 48-hour notice in order to give adequate time to fill the appointment.

Failure to cancel or reschedule the appointment within the 48-hour window will result in a \$50.00 charge.

Failure to show up for your appointment, without notification, will also result in the \$50.00 charge.

The Technician will give a courtesy call 5-10 minutes past the scheduled arrival time, to verify whether the patient is in route and clarify directions & arrival instructions.

We may not be able to accommodate patients **30 minutes** past their scheduled appointment.

The technician may accept late arrivals, past the 30 minute cut-off, at their discretion.