



IDAHO  
SLEEP HEALTH

## SLEEP STUDY INSTRUCTIONS

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

- Your study is scheduled at the Nampa office of Idaho Sleep Health \_\_\_\_\_ at \_\_\_\_\_.
- **Directions to the Nampa office are on the reverse side of this form.** Please be on time, not early or tardy.
- When you arrive, ring the door bell in the front entryway, and please wait, the technician will be with you as soon as possible.
- **IMPORTANT: If this is your first visit with Idaho Sleep Health, please bring the following paperwork:**
  - Insurance Cards
  - Drivers License
- **IMPORTANT:** Sleep studies involve a large commitment of resources on our part. If you cannot come in for a study, please contact us **at least 24 hours in advance** to allow us to fill your slot. **If you do not show for your sleep study, or call to cancel less than 24 hours in advance, you may be subject to a \$75 fee.**
- **IMPORTANT:** If the purpose of your sleep study is to adjust your CPAP pressure, and you prefer the mask you use at home, please bring your mask to the study. A CPAP machine will be provided for you. If you have not received your equipment yet, you will use the lab's equipment for study purposes and receive your own equipment later.

### INFORMATION TO REMEMBER

- This is a one night study. We ask that you attempt to sleep with the sensors on for the full night. Generally, a full night begins with time allowed for sensor placement and lights out prior to 11:00pm. Please plan on staying at the facility until at least 6:00am. If you need to leave earlier, please inform the front desk during business hours (M-F 8am-5pm), as well as notifying your technician on the night of your study.
- To prepare for daytime operations, we ask that overnight patients leave the facility by 6:45am.
- Please bring your own snacks if needed. Complimentary bottled water will be available.
- You will have a private room and bathroom.
- Take your usual prescription medications, unless directed otherwise by your medical provider. If you will need to take medications while at the lab, please inform your technician upon arrival.
- Please bring a list of your medications as you will be asked to list the medication taken during the day.
- Technicians cannot dispense prescription medications or administer shots. If you expect to have trouble sleeping and do not normally take prescription sleep aids, you must arrange medications ahead of time with your medical provider.
- Our staff will hook you up to the monitoring equipment and familiarize you with the sleep study process. If you need to visit the restroom during the night, simply ask for assistance and a technician will be with you promptly.
- Bring shorts or loose fitting pajamas to allow our technologists to apply sensors to your skin. During sleep studies **you are required to wear clothing at all times.**
- Technicians will use a thick gel to attach sensors to your scalp. Your hair will be messy in the morning; feel free to bring a hat or other head covering of your choice.
- Please shower prior to coming in for your study – the cleaner your skin, the better the quality of the study.
- **Important:** Please do not wear lotions, make-up or dark nail polish during your study – these will interfere with the quality of the study.
- **Test results are not available until your follow up appointment with your specialist.**
- If you have any questions regarding the information above, please call Idaho Sleep Health at (208) 375-8222 Monday through Friday 8:00 am – 5:00pm. If you call after office hours, leave a message and we will return your call the next business day. **If you need directions or have to cancel outside office hours** (calling the lab to cancel the night of your study may still result in the \$75 fee) **our sleep technologists may be reached at (208) 375-8222 extension 1308.**

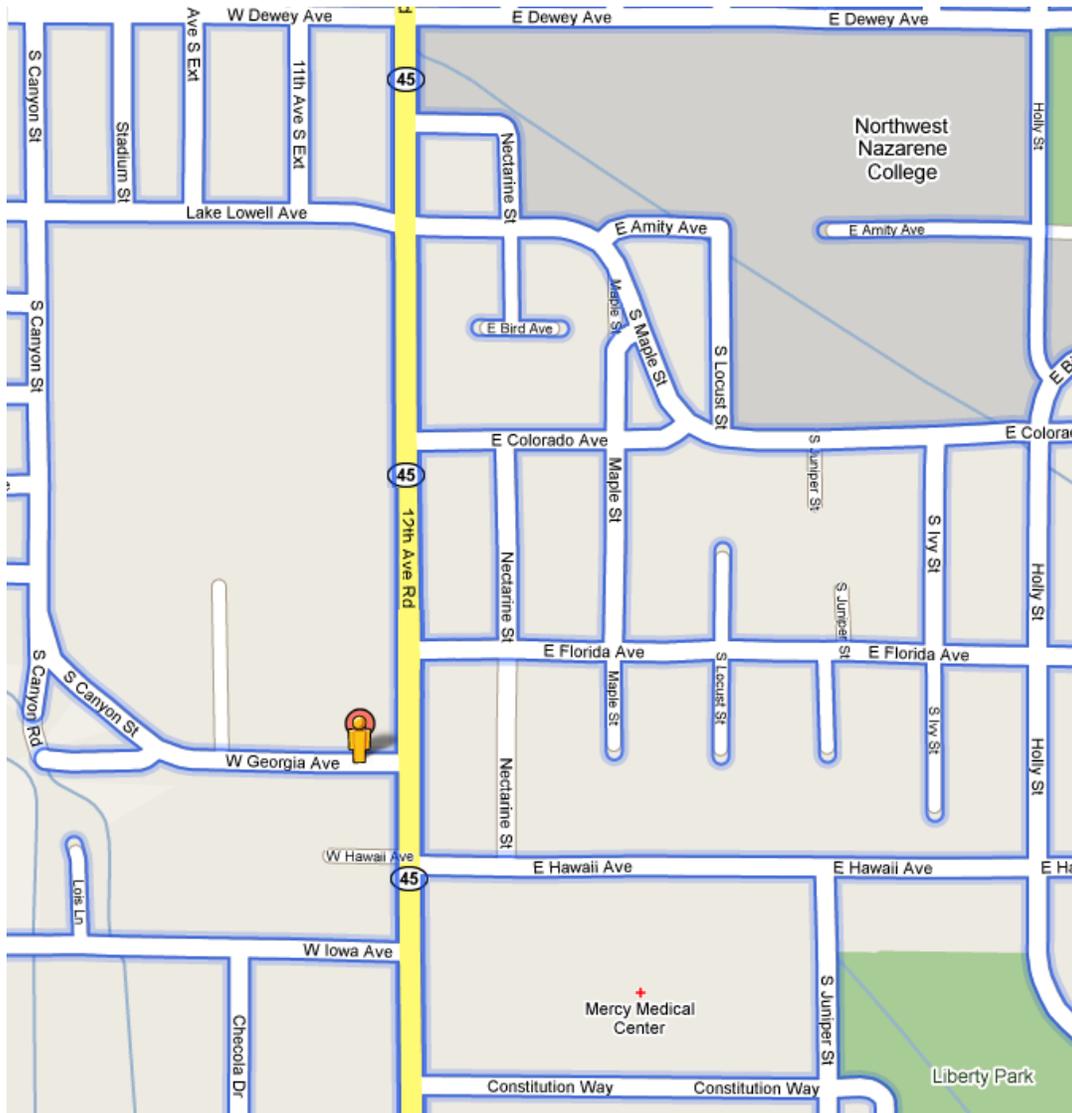
#### Boise Location

7272 W. Potomac Drive  
Boise, ID 83704  
PH: 208.375.8222  
F: 208.375.8232

#### Nampa Location

210 W. Georgia Ave. Suite 120  
Nampa, ID 83686  
PH: 208.442.8222  
F: 208.442.8232

**Idaho Sleep Health**  
 Directions to Sleep Lab  
 210 W. Georgia Ave. Suite 120  
 Nampa, ID 83686



- Drive I-84 toward Nampa.
- Take the Franklin exit (exit 36).
- If traveling west turn left on Franklin. If traveling east turn right.
- Turn right on 11<sup>th</sup> Ave N.
- Turn left on E. Third Street S.
- Turn right on 12<sup>th</sup> Ave S.
- Turn right on W. Georgia Ave.
- We are the third building on the right, in the first set of one-story office buildings.
- The business plaza is called “12<sup>th</sup> Ave. Place”.



## **Polysomnography (Sleep Study) Information Sheet**

### **Why was my Polysomnography ordered?**

Many abnormal sleep conditions can be discovered during a sleep study, including Obstructive Sleep Apnea, Central Sleep Apnea, Narcolepsy, Periodic Limb Movement Disorder, Nocturnal Seizures, Parasomnias, and Nocturnal Hypoxemia (low oxygen levels).

### **What is monitored during a sleep study?**

Brain wave activity (looking at sleep stages, arousals, and possibly seizures), airflow (looking for apneas), oxygen levels, carbon dioxide levels (during our pediatric studies), respiratory effort (both chest and abdominal), eye movements and chin muscle tone (looking for evidence of dream or REM sleep), leg EMG (to detect limb movements), and EKG leads.

### **How will I sleep with all these tubes/wires attached to me?**

More than 95% of the time we have plenty of recorded sleep time to get all the information we need for the study. A night in the lab is not a "normal" night; however, it is usually very informative as to what is typically going on at home.

### **Should I take my normal medications prior to the study?**

Absolutely, we want this to be a "typical" night's sleep. This includes any sleep aids, pain relievers, muscle relaxants or anything else you might take during a normal night at home.

### **When should I arrive and when can I leave?**

You will be scheduled with a specific appointment time and will be able to leave when the study concludes, generally around 6am. Please arrive as close to your appointment time as possible. You do not need to be early.

### **What should I bring?**

Bring your insurance card, comfortable clothes to sleep in, reading material, laptop or tablet to unwind with, any necessary toiletries, and an open mind. This will be a different experience, but hopefully a valuable one. If you have a special pillow or blanket that you like, feel free to bring that as well. Internet access for patients is available.

### **I've had my sleep study, what next?**

Generally all studies are scored by the Register Polysomnographic Technologist and then interpreted by the sleep physician within 7-10 business days. The results from your study will be available to you at your follow up visit. Following a CPAP titration, you can expect a phone call from the Durable Medical Equipment company to 7-10 business days after the study to receive your prescribed machine and mask.

**If at any time you have questions, please call Idaho Sleep Health at 208-375-8222.**



## **Post Sleep Study Information Sheet**

Now that your sleep study is complete, you may be wondering, “What’s next?” Here is a guide to the most commonly asked questions:

### **How do I get the “goo” out of my hair?**

Go home and take a long, hot shower! Heat is more effective than shampoo, so turn the water as hot as you can stand, and relax under the water for a few minutes. Then shampoo- repeat if needed.

### **How/when do I find out about the results of last night’s test?**

Test results are not available immediately! It usually takes about 7 business days to completely process a sleep study. (This includes manually scoring the collected data and the subsequent physician interpretation.) You will generally receive results either at a daytime appointment with Dr. Mark Rasmus or Cynthia Boulton in the Boise Idaho Sleep Health building, or during an office visit with your ordering provider.

You probably already have a daytime appointment scheduled; if not, or if you are not sure who you are supposed to see for your results, please call (208) 375-8222 option 2, and we will help you resolve this issue. *Please note that test results are not available over the phone.*

### **I just got a call to come in for a second sleep study. Why? Did something go wrong with the first one?**

Absolutely not! The first sleep study is *diagnostic*, that is, we are looking to determine whether a sleep disorder exists. The second sleep study is *therapeutic*, or intended to treat the sleep disorder that was found on your first visit. Most patients will be working with a CPAP machine during their second sleep study. Your night tech will be adjusting the machine and monitoring the results to find the perfect setting for your home machine, all while you are asleep!

### **I don’t have a CPAP machine at home yet. When will I get one?**

If prescribed, most patients will get a CPAP machine soon after the second sleep study. You should be contacted by your chosen Durable Medical Equipment (DME) provider within 1-2 weeks. Please call (208) 884-2922 if 2 weeks have passed and you have not been contacted.

**Thank you for choosing Idaho Sleep Health! We appreciate your business!**

**If you have any additional questions, please call (208) 375-8222 option 2.**