

# ***SLEEP PACKAGE***



***5249 Duke Street  
Suite 309  
Alexandria, VA 22304***



***You have been referred to the Alexandria Health Care Center for the diagnosis of a possible sleep disorder .The following information will help you prepare for the visit to the sleep laboratory.***

***SCHEDULE:*** Plan to arrive on time for your test. Please bring insurance card, picture I.D., and your completed paperwork that you received from the office. If you find that you are going to be late, call **571.970.4812**

***LOCATION:*** You will need to report to the Sleep Center, which is located on the 3rd floor in the Landmark Medical office building. Please note all staff arrives at the Sleep Center between 8:00-8:15PM. You will need to contact the technician on duty by dialing **571.970.4812** to be allowed in after hours. After entering through the main door, the elevator or stairs can be taken to the third floor, suite 309, where the technician will escort you to your sleep room. Rarely the technician may be busy with a patient, and may not respond to the call to allow entry; we request you try again in five minutes. If you don't get a response please contact the Sleep Coordinator at **301.246.2268** for assistance.

***THE SLEEP STUDY:*** The sleep study or polysomnogram is a combination of several diagnostics tests all recorded simultaneously during sleep. Brain wave activity or EEG will be recorded by attaching electrodes with adhesive to the scalp. Eye movements and chin muscle will also be monitored in this manner. Depending on your physician's request, other monitors may be applied to monitor breathing, airflow and oxygen level. The equipment may be minimally uncomfortable, but does not prevent sleep, nor interfere with a meaningful sleep study. Once the study has started, you have the right to discontinue the test for any reason, however please be aware that a shorter test may not be as reliable or as useful for the interpreting physician. The full charge for the study will be submitted for payment. Alexandria Health Care Center patients cannot stay in the lab and sleep without properly being monitored. Therefore, please make sure that if you decide to discontinue your test during the middle of the night, you have proper arrangements for getting home, as you may not be allowed to drive yourself if you are sleep deprived.

***PARKING:*** Free parking is available at the Medical Office complex. You may park anywhere in the available parking space.

***FOLLOW-UP:*** Results of your test will be sent to your referring physician. Contact the office of your physician and schedule an appointment. All results are confidential and will be shared only with you through your physician.

***If you have any questions, please call the Alexandria Health Care Center between the hours of 9:00 AM to 4:30 PM at 703.212.2456 and ask for Angel Nicholson.***

***If you need to cancel your appointment, please provide us with 48 hours notice.***

***\*\*\*\* Patient canceling/rescheduling their studies with less than 24 hours notice will be charged \$ 150.00 for cancellation/rescheduling charge. Please understand that technicians are called specifically for your study and we may not be able to accommodate changes to the schedule if insufficient time is provided.***

Important Information  
Please Read Carefully

MANDATORY PATIENT INSURANCE INFORMATION

We have enclosed a registration form and a questionnaire that we need for you to complete before we can perform your diagnostic test at the Alexandria Health Care Center. Please complete these forms at home and bring them in with you the night of your procedure. If you wait until you arrive to complete these forms, it will delay your testing that evening. These forms must be COMPLETELY filled out.

**REMINDER:** Bring your **\*\*INSURANCE CARD\*\*** and a **\*\*PHOTO ID\*\*** with you so that a copy can be made for your chart.

WAYS TO MAKE YOUR STUDY COMFORTABLE:

**DON'T:**

1. *DO NOT nap in the afternoon before your sleep study, if possible.*
2. *No alcohol or caffeine consumption on the day of the test after 12 noon.*
3. *Nail polish or acrylic nails are to be removed. If you have nail polish or acrylic nails on when you arrive for your study, the technician will have to remove the nail polish and/or the acrylic nail from one finger. This is necessary for accurate oxygen saturation readings during the study.*
4. *DO NOT use hair care products on your hair the night of your study. For example, hair spray, hair gels, creams, etc.*
5. *DO NOT wear make-up or lipstick the night of your study or use heavy creams on your face.*

**DO:**

1. *Shower and shampoo your hair the day of your study.*
2. *Bring:*
  - *All your medications. We do not have medication at the center, nor can we obtain them for you. This includes prescription and non-prescription medication, i.e., Tylenol, Aspirin, etc.*
  - *Bed Clothes. Bring something comfortable to sleep in, including a bathrobe and slippers. Keep in mind that both male and female technicians may monitor you. Also, there may be other patients of either sex having their tests during your visit.*
  - *Toiletries. Bring whatever you may need to spend a night away from home, i.e., tooth brush, tooth paste, soap, shampoo, etc.*

**KEEP IN MIND:**

1. *This is a medical procedure.*
2. *Both male and female technicians may monitor you.*
3. *Patient rooms are assigned according to the type of study.*
4. *Bathrooms are located within the Sleep lab, adjacent or across from the sleep rooms. Every patient room has access to a restroom with a shower.*
5. *Technicians are not allowed to give out any information about your test results. Please ask your physician or a sleep center physician if you have any questions about the results of your study.*
6. *Preliminary results will be faxed to your referring physician within 3-5 working days.*

*Have a good night's sleep and call if you have any questions. A sleep technician will be glad to answer any questions you may have about your study.*