

# Instructions for In-Center Sleep Study

## Henry Ford Health Sleep Disorders and Research Center

### Appointment Details

**Location: Henry Ford Sleep Center-Jackson-Anderson Building**

Appointment Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ PM/AM Bedtime: \_\_\_\_\_ PM/AM

- You may get a call 2 days before your test to confirm your sleep study appointment.
- If your appointment is on a Sunday night, you may get a call Thursday evening.

**Call the Sleep Clinic if there are problems, you are sick, you have a condition that disturbs your typical night's sleep, or you can't make your appointment.**



- Call (517) 205-4750 for Monday through Friday, 8:00 a.m. to 4:30 p.m.
- Call (517) 205-7650 for after hours or on the weekends and leave a message. We will return your call the next business day.

### No Show Policy

There is a \$50 no show fee if you do not show up for your sleep study.

- Call and cancel your appointment if you can't make it to avoid the fee.
- If you do not show for your appointment, it could take 4 weeks or more to reschedule your appointment.

### Before You Arrive

Do 	Do Not 
<ul style="list-style-type: none"><li>✓ Shower and wash your hair with shampoo before you arrive for your test.</li><li>✓ Bring 2 piece pajamas or gym shorts and a t-shirt to sleep in, and a change of clothes for the next day.</li><li>✓ Bring toiletries (like a toothbrush, toothpaste, hairbrush, medicine, hair ties).</li><li>✓ Remove all nail polish, fake nails, and acrylic nails.</li><li>✓ Select a hairstyle that allows your hair to be easily parted or moved to place the electrodes. You may need to remove a glued in or sewn in wig, weave, or hair extensions.</li><li>✓ Shave your beard if you normally do. Small hair growth or stubble can make it difficult for the electrodes to stay in place. A long beard should not be a problem.</li><li>✓ Tell the sleep clinic staff if you have special needs before your sleep study (i.e. you need help with a wheelchair, help to understand or speak English, need someone to stay with you to help because of age or disability, religious consideration, etc.).</li></ul>	<ul style="list-style-type: none"><li>✗ Do not use excessive moisturizers, oils, or leave-in conditioners. This can prevent the electrodes from staying in place.</li><li>✗ Do not put lotion on your face or body.</li><li>✗ Do not wear makeup.</li><li>✗ Do not drink alcohol the day of the test.</li><li>✗ Do not have anything with caffeine after 5 p.m. the day of the test (like coffee, tea, chocolate, cola, etc.).</li><li>✗ Do not take any naps the day of the test.</li></ul>

### What to Expect

- This is an outpatient test. Nursing care and medicine are **not** provided.
  - Bring your regular medicine with you. Only bring the medicines you need to take while at the sleep clinic.
  - Technical staff will hold onto your medicine during your appointment per Hospital Policy.
- If anyone needs to get a hold of you for an emergency during the study, they can call (517) 205-7650.
- Several small electrodes will be attached to different areas of your body and head.
  - They are attached with tape or a glue that comes off with soap and water.
  - They will not puncture your skin.
  - They will not damage your hair. It may mess up your hairstyle.

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- You must spend at least 8 hours in bed (or as told by your doctor).
- There is an intercom in your room. You will be able to call out if you need help.
- There is a private bathroom in your room.

## After the Test

You will get a letter in the mail or MyChart message with your sleep study results. Call the sleep clinic you were seen in if you don't get your results in 7 business days.

## Driving Safety

Many patients do not sleep as well as normal during a sleep study. This usually does not affect the results. You should not drive until you feel safe if you feel very tired or sleepy after the study. You may need to arrange for someone to drive you home.

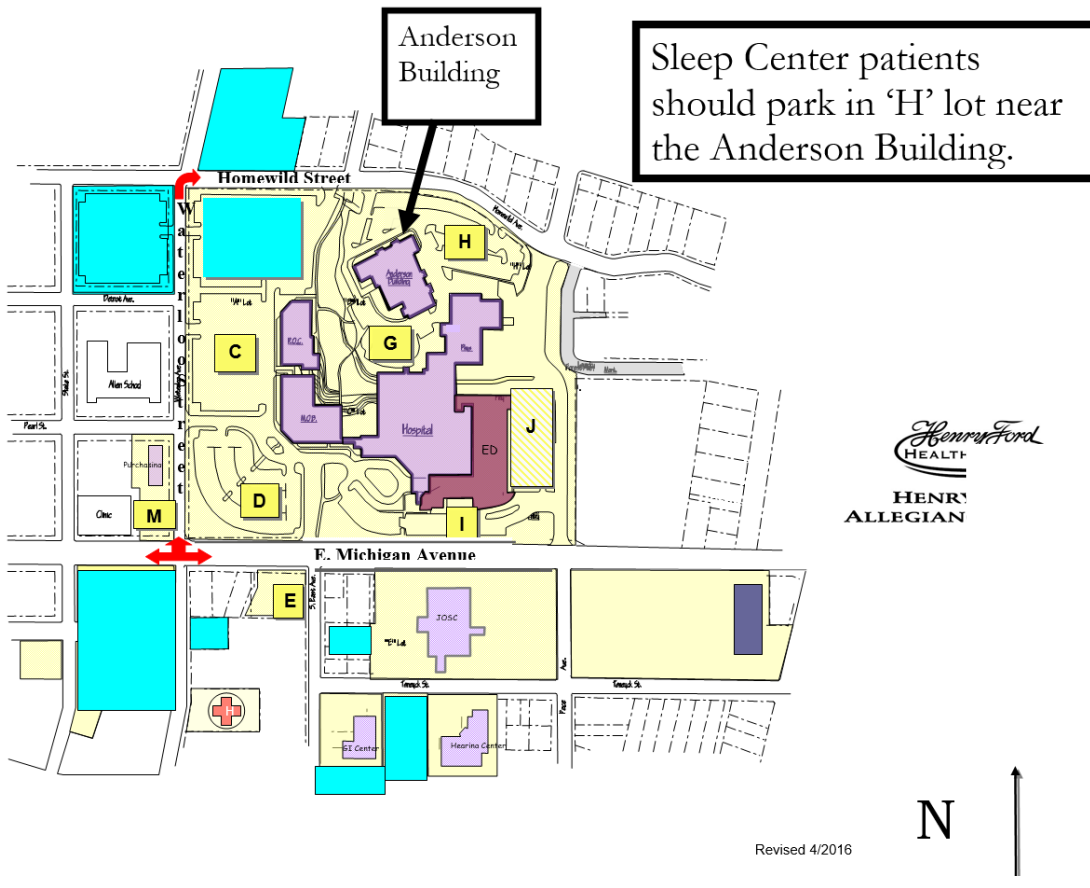
## Parking Directions

### Henry Ford Jackson Hospital - Anderson Building 205 N. East Avenue, Jackson, MI 49201

- The Sleep Health Center is in the Charles Anderson Building, which is directly north of the main hospital building.
- Park on the east side of the Charles Anderson Building.
  - There are reserved spaces for sleep center patients.
- If someone drops you off, make sure they are available throughout the night to pick you up if needed.

## How to Get to the Sleep Lab

1. Enter the building and go to the 4<sup>th</sup> floor.
2. The sleep center reception area is immediately off the elevator. Chairs to wait are to the right.
3. Sit in a chair. A sleep technician will come get you to take you to your room.
  - The waiting room is monitored frequently.



## Instructions for daytime nap testing: Multiple Sleep Latency Test (MSLT)

### Only for patients scheduled for a MSLT.

- You will be tested while you try to sleep (nap) for a total of 5 naps. They will happen in 2 hour intervals.
  - You will be in bed for 20 to 30 minutes for each nap. You are then free until the next test, about 1 ½ hours later.
  - You may be in the sleep lab for up to 11 hours after you wake up in the morning.
- Medicine is not provided.
  - Bring your regular medicine with you. Only bring the medicines you need to take while at the sleep lab.
  - If your doctor gave you a medicine log, bring it with you to the sleep test.
- If you use a CPAP (Continuous Positive Airway Pressure) machine, bring the CPAP mask and tubing with you to use during the naps.
- If you use an oral appliance or any other treatment for sleep apnea, bring it with you to use during the naps.
- Do not drink coffee, tea, or anything with caffeine the day of the test. Talk to your doctor if you feel you need to drink caffeine the day of the study.
- You will not be allowed to smoke, use nicotine, or use marijuana during the study.
- Bring the sleep log that your doctor gave you to fill out with you to the sleep study.
- You will get a continental breakfast and light lunch.
  - You can bring your own food if you think this is not enough, you are vegetarian, or on a low salt or special diet.