INSTRUCTIONS

Contact your health insurance regarding coverage and your out-of-pocket expenses such as deductibles for insurance code(s):
- Private and state insurance: 95806
- Medicare: G0399

Before the study:
- Complete the Sleep Study Questionnaire
- Avoid napping and caffeine on the day of your study
- Continue to take your normal daily medicines
- Please allow at least one finger to be void of special nail applications for the pulse oximeter to work properly

When picking up the Home Sleep Study device please bring:
- Photo ID
- Insurance card(s)
- Completed Sleep Study Questionnaire

When your Home Sleep Study is at the lab please bring:
- Prescribed sleep aid or OTC along with current medication list and the prescriptions you take before bed in their original containers
- EISC does not supply food or drink. If diabetic, please bring a snack
- Pajamas or top & bottom sleep clothes
- In your private room, EISC has cable TV and free WiFi; or bring something to read
- Favorite pillow, toothbrush & paste, soap, other toiletries along with a change of clothes if needed

Directions
- From 380 North exit 20B – 7th St E; continue straight past 5th Ave; building is on the left; parking lot is located in front.
- From 380 South exit 19A – 5th Ave SW; make a right onto Diagonal which becomes 8th Ave; turn left on 8th St SE; building is on the left.
- From Hwy 13 take Mt Vernon Rd which turns into 8th Ave into Cedar Rapids; turn right at 8th St. SE next to Mercy Medical Center.

Dear _______________________

Your medical provider ordered a HOME SLEEP STUDY to assess your sleeping and breathing patterns during a normal night’s sleep. Please pick up your HOME SLEEP STUDY device on:

Date: ______________________ at ____________am/pm

_____ During office hours 8:00am to 4:30pm
_____ During non-office hours
_____ HSAT monitored/Unattended In-Lab

Come to:

Eastern Iowa Sleep Center
600 7th St. SE, 2nd floor
Cedar Rapids, IA 52401
Phone: 319-362-4433 or 877-361-4433
Fax: 319-362-4466
eiSleep.com

Medical Director: Andrew C. Peterson MD, FAASM
Why a Home Sleep Study?
The Home Study is used to diagnose obstructive sleep apnea (OSA) in patients that have no other medical issues. OSA occurs when the muscles in the throat relax and the airway collapses during sleep. Air cannot get into the lungs and oxygen levels decrease. Risk of untreated OSA include: heart attack, stroke, high blood pressure, lung disease, depression and diabetes.

What is a Home Sleep Study?
A Home Sleep Study device will collect and store information about your breathing while you sleep. The study can be performed at home and is not attended by a sleep technologist. You will be instructed how to use the device when you arrive at our office.

Home Sleep Study at the Lab
Home sleep studies may need to be completed at our sleep lab. These studies are accommodated for various reasons such as long distance and to meet DOT requirements.

Communication
*Delayed or Late:* If you are more than 15 minutes late, we may need to reschedule you.
*To Cancel:* 24 hours is needed. A $75 no-show fee may be charged if you fail to cancel.
*Inclement weather:* We may call to cancel and reschedule your appointment for your safety.
*Cold/respiratory infection the day of your study:* Please call 319-362-4433 for advice.

Parking and entrances
Parking is located outside the main entrance of the 600 Mercy Medical Park building or in the Mercy parking garage on the North 2nd level, near the skyway. There are two entrances:
*MAIN ENTRANCE* – Press the INTERCOM button located at the RIGHT of the handicap door which is located next to the rotating doors.
*2nd FLOOR SKYWALK* – From the 2nd floor garage of Mercy Medical Center, cross over 8th St. to the double doors at the end of the skywalk. Press the INTERCOM located on the right of that door.

After the Study
You will need to return the device the next day so the device can be downloaded. Based on your study information, a Sleep Physician will complete a report including recommendations. The report will be sent to your referring healthcare provider to determine options such as treatment or an In-Lab Sleep Study.

Alice NightOne Sleep Study device

Follow-up
- A follow up visit is needed with the healthcare provider that referred you to EISC.
- If you do not have a follow up visit scheduled, please contact your healthcare provider’s office.
- If you have not heard from your healthcare provider within 10 days, please let us know.