Dear ____________________________

Your medical provider ordered a **SLEEP STUDY** for you in order to assess your sleeping and breathing patterns during a normal night’s sleep.

**Your Sleep Study is scheduled on:**

Date: ________________ at _______ am/pm

Come to:

**Eastern Iowa Sleep Center**
1010 8th Ave.
Belle Plaine, IA 52208
319-362-4433 or 877-361-4433; Fax: 319-362-4466
eiSleep.com

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**INSTRUCTIONS**

**BEFORE the Study:**

- Schedule transportation to and from your study if you have been prescribed a sleep aid and are not sure of its effects.
- Complete the Questionnaires via on line or mailed with this pamphlet.
- Avoid napping and caffeine on the day of your study.
- Continue to take your normal daily medications.
- Bathe, wash & dry your hair; DO NOT use gel or conditioners; if your hair is tightly braided to the scalp it may need to be undone for application of the electrodes.
- Please allow at least one finger to be void of special nail applications for the pulse oximeter to properly work.

**BRING to the Study:**

1. Photo ID, Insurance card(s) and Co-Pay.
2. Completed Questionnaire(s).
3. Prescribed sleep aid or OTC along with current medication list and the prescriptions you take before bed in their original containers.
4. EISC does not supply food or drink. If diabetic, please bring any snack you need.
5. Pajamas or top & bottom sleep clothes. Women may wear a bra underneath. Cable TV is available in your room; EISC has free WiFi; or bring something to read.
6. Favorite pillow, toothbrush & paste, soap and any other toiletries you may need after the study and a change of clothes if needed.

**To Cancel:** 24 hours is needed. A $75 NO SHOW fee may be charged if you fail to cancel.

**Delayed or Late:** If you are more than 30 minutes late, we may need to reschedule your study.

**Inclement weather:** Tune into KCRG TV-9 if we have not contacted you in advance.

**Cold/respiratory infection the day of your study:** Please call for advice.

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**Directions**

- **From Tama** take Hwy 30 East; right on County Hwy 21 heading into downtown Belle Plaine; right on 8th Ave; cross over the railroad tracks. EISC is on the right, parking is next to building.
- **Heading West** on Hwy 30; left on County Rd 131; right at stop sign heading into Belle Plaine; left on 8th Ave; cross over the railroad tracks. EISC is on the right, parking is next to the building.
- **From Marengo** take 212 heading west, right on County Hwy 21 heading into Belle Plaine; right on 11th Street; right on 8th Ave; park next to building.
Why a Sleep Study?

- To identify sleep-related breathing disorders such as Sleep Apnea.
- To identify narcolepsy.
- To identify behaviors that could be harmful to the patient or others.
- To set correct levels of CPAP (continuous positive airway pressure).
- If the patient has been treated for a sleep disorder but symptoms are not improving.

The Sleep Study

The Sleep Study is painless, no needles or injections. You are in a private room. Electrodes are gently pasted to your scalp, face and legs along with other sensors attached to your body.

- You will be able to move around in bed.
- You and your technician can communicate by intercom.
- A technician can disconnect the sensors if you need to use the bathroom.
- You are free to read or watch TV until the Sleep Technician says “good night”.
- An infrared light and camera in your room allows the technician to monitor your study.

During your sleep your brainwave patterns, heart rate, breathing, oxygen and leg movements are monitored. Our technicians will awaken you at the conclusion of the study which is typically 4-5:00am. You may leave at that time or request to rest if feeling too impaired to drive.

Sleep Aids

- If your provider has prescribed a sleep aid for you, bring the filled prescription with you to the sleep study. The Sleep Technologist will instruct you as to when to take it.
- If you are unsure about the effects of the sleep aid prescribed to you, EISC strongly recommends you arrange for someone to pick you up by 5:00am.
- If you need to stay past 5:00am, please let us know so arrangements can be made.

Parking

Please park in the EISC Belle Plaine parking lot located south of the building facing 8th Ave. There is also a covered drop off and pick up area near the Main Entrance.

Intercom Entrance for Security

Your security is important to us. Security monitors are used to assist with protection. At the Main Entrance door, press the INTERCOM button for assistance and entry.

After the Study

- If you are too sleepy to drive, please let the technician know.
- If you do not drive, arrange for someone to pick you up by 5:00am.
- You may have minor skin irritation from the electrodes. If you have any concerns let us know.

Follow-Up

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

Report Results

- We send a completed Report to your referring provider.
- Your referring provider will review the study with you for treatment options.