

Preparing for an Overnight Sleep Study
340 Atoka McLaughlin Drive
Suite c
Atoka, TN 38004
Phone: 901-840-1083
After 4pm call: 731-460-0389

Due to the unfortunate unreliability of previous patients we are now implementing a new Sleep Study Policy. As of 5-26-2016 if you are scheduled for a Sleep/PAP study at our facility you must call no later than 12pm the day of your scheduled test to Confirm your appointment. If you need to Cancel or Reschedule we need to hear from you no later than 12pm the business day **BEFORE** your scheduled appointment. If we do not hear from you by that time your appointment will be cancelled and another patient will be moved into that slot. If you No Show your appointment you will be charged a \$40.00 No Show charge. (Your Insurance will not be responsible for this fee.) If you Confirm your appointment and do not show, you will be charged an \$80.00 fee. I realize this may sound extreme but we have several patients that would be happy to come in sooner but due to patients taking the time slot and failing to let us know they are not going to make it; these patients are scheduled further out. Thank you for your patience and choosing Horizon for all of your Sleep, Neurology, & Gastroenterology needs.

We hope that your experience at Horizon Sleep & Epilepsy Center will be a pleasant one. Understanding the sleep process and sleep disorders will help you take an active role in your care.

1. [What do I need to do for the overnight sleep study?](#)
2. [Should I take my medications?](#)
3. [What will happen when I arrive at the sleep center?](#)
4. [What should I expect during the sleep study?](#)
5. [How will I be able to sleep with all those wires on me?](#)
6. [Will I be able to get out of bed to use the restroom?](#)
7. [What happens after my sleep study?](#)
8. [Can I leave my car at the sleep center overnight?](#)

What do I need to do for the overnight sleep study?

Avoid caffeine, alcohol, or napping the day of the test.

- Bring or wear comfortable clothing to sleep in. You may also bring a pillow, if you'd like.
- Eat your normal dinner before you come in.
- Shower and wash your hair. **Do not put oils/lotions on your skin. Do not use hair products; have to be able to get your scalp.**
- Bring any medications you may need to take before bedtime.
- You may bring a snack.

Should I take my medications?

Yes, unless specifically instructed by your physician, take your medication as usual. Also, bring any medication you will need during the night or early in the morning. The Sleep Center does not provide medication. It is important for the Sleep Professionals to know what medications you are taking since many medications can affect sleep.

What will happen when I arrive at the sleep center?

After you are checked into the lab, a technician will greet you and show you to your room. The technician will explain the set-up procedure and answer any questions you may have. You should also inform the technician of any changes in your sleep or specific difficulties that you have not already discussed with your healthcare professional. You will be given time to change into your nightclothes and get ready for bed. There may be a waiting period while the technician applies the electrodes. You may read, watch TV, or relax during this time. If you have a commitment in the morning, be sure to inform the technician so they will be able to make sure you are out early enough in the morning. Otherwise, you can expect to be discharged between 5:00 – 6:00 in the morning.

What should I expect during the sleep study?

A sleep study, or polysomnogram, is a recording that includes measurements used to identify various sleep problems. During sleep testing, small metal disks (called electrodes) are applied to your head with a conductive paste. The paste can be easily removed with shampoo and conditioner, it does not damage your hair. The other electrodes are applied with EKG-type sticky pads. These are necessary to monitor brain waves, muscle movements, breathing, snoring, and heart rate. Soft belts around your chest and waist monitor your breathing. A sensor attached to your finger monitors your heart rate and blood oxygen levels. None of these devices are painful or dangerous and all are designed to be as comfortable as possible.

The sleep study, its analysis, and its interpretation are part of a complex process. After the sleep study, technologists process or “score” the large amount of data collected. A physician specializing in Sleep Medicine then interprets the information. This process is detailed process that may take some time to complete. Please feel free to call us with questions.

How will I be able to sleep with all those wires on me?

The wires are gathered behind you in a ponytail and it is attached to a box about the size of a small Kleenex box. This will enable you to roll over and change positions easily. The technical equipment and technologists are in a separate room from your bedroom.

Will I be able to get out of bed to use the restroom?

Yes. All you have to do is speak out into the room and the technologist will come in and unhook you from the head box that will rest around your neck while you use the restroom.

What happens after my sleep study?

You will receive a phone call from our Sleep Specialist to discuss the results of your study within **5-7 business days**.

Can I leave my car at the sleep center overnight?

Yes, parking is available in front of Horizon.

You can call our Sleep Lab Manager if you have any trouble finding our location.

Danielle Kirkpatrick, RPSGT, Sleep Lab Manager

Cell-731-460-0389