



APPOINTMENT NOTIFICATION AND INSTRUCTIONS

Welcome to the Faith Regional Health Services Sleep Disorder Center. Our Center is located in the Faith Regional Medical Offices West building at 110 North 29th Street, Suite 203, Norfolk, Nebraska. The parking lot entrance is off of 29th Street west of the hospital.

- Enclosed are instructions and information that you will need for your study. In order for us to provide you the best sleep study experience possible, it is very important that you read and follow our sleep day instructions. If you have any questions, please call us in advance at **(402) 644-7404**.
- The scheduled date and time of your study is listed below. **If you are scheduled for an all-night sleep test or a next-day test and are unable to make your appointment, please call the Central Scheduling Department at (402) 644-7121 immediately to reschedule.**
- After your sleep study is completed, a preliminary report will be generated by a Registered Sleep Technologist and then sent to the Sleep Specialist physician for the interpretation of the final report. *This process takes approximately 10 to 14 days.* The report will be sent to the physician who referred you for a study. That physician's office will contact you to discuss the results of this study and/or arrange follow-up appointments if necessary. If you have had a Sleep Study with Continuous Positive Airway Treatment, the physician's office that ordered the study will arrange any necessary equipment set-up and follow-up appointments.

PLEASE NOTE: Your sleep study will be performed by our experienced sleep staff but your tech cannot provide you any immediate results from your test. This must come from our sleep specialist physicians who will produce a final report for your referring physician within approximately 2 weeks.

- *We encourage you to call immediately with any questions but we will also call you prior to your study to confirm your appointment.* It is our goal to provide an **excellent** experience for you so please let us know in advance if there is anything we can do to make your stay more comfortable. If you have a medical condition (such as diabetes, epilepsy, angina, etc.) or special circumstances (such as a physical disability) that may require special needs during the testing process, please contact us promptly.

We look forward to seeing you soon.

Sincerely,
Diane McGill, RPSGT
FRHS Sleep Disorder Center

YOUR SLEEP STUDY IS SCHEDULED FOR: _____



PATIENT INSTRUCTIONS FOR DAY OF SLEEP STUDY

Following these instructions will assist us in providing you the best sleep study experience possible:

- 1) Please arrive at your scheduled appointment time noted on your appointment letter. You are coming to Medical Offices West building. You may park anywhere in the large parking lot North of the building; there is handicapped parking available right up front. You will enter the lobby doors by the circle drive.
 - 2) The lobby doors are locked after 6:00 p.m. so use the call button located on the brick pillar to the east of the lobby doors. Please push this and tell the sleep lab staff that you are here for a sleep study. We will unlock the doors to permit you access into the building. Walk past the water fountain and the elevator is to the right; go to the second floor. The Sleep lab is on your right at the end of the hallway. You are pre-admitted so you will not need to separately register for the study.
 - 3) **Please bring the following:**
 - Your insurance card and/or Medicare card and a photo I.D.
 - A list of all your medications including vitamins and any supplements that you have taken in the past 10 days.
 - Pajamas and any toiletry items you may need for night and morning routine. Please let us know if you would like to shower here in the morning as showers are available.
 - Your pillow from home. The average patient sleeps better with their own pillow.
 - 4) **Instructions for the day of your study:**
 - Please shower/bathe prior to coming in but do not use mousse, gels, hairspray, makeup or oils. Males should shave their face as normal prior to coming in for testing. Females: please no makeup, jewelry or fingernail polish. You must have clean hair and a clean scalp for us to properly apply the leads for the study.
 - **PLEASE DO NOT NAP THE DAY OF TESTING.**
 - Please limit yourself to only 1 cup of coffee in the morning and no caffeine after 10:00 a.m. This includes pop, tea and chocolate. Also, avoid excessive sugar on the day of testing.
 - 5) Night testing ends at approximately 6 a.m. the next morning. If you've been instructed about additional nap testing, this ends at 5:30 p.m. the following day. **PLEASE NOTE: Your sleep study will be performed by our experienced sleep staff but your tech cannot provide you any immediate results from your test. This must come from our sleep specialist physicians who will produce a final report for your referring physician within approximately 2 weeks.**
 - 6) We look forward to seeing you. It is our goal to provide an *excellent* experience for you. Please let us know if there is anything we can do to create a better experience for you.
-