

The Sleep Disorders Center of Central Texas

102 Westlake Drive, Ste. 102 ☀ Austin, Texas 78746

Our center requires two full business days notice to cancel or reschedule your sleep study. You will be responsible for a \$250 charge if we are not appropriately notified.

General Information about Sleep Studies

You are scheduled for an overnight sleep study. A sleep study entails recording multiple signals during sleep (EEG, EKG, blood oxygen saturation, etc.). These signals are recorded by sensors and electrodes attached to various sites on the body. Movements and behavior during sleep can be monitored by means of an infrared camera in the bedroom. There is an intercom above the bed allowing constant communication between you and the sleep technologist.

It is important that the sensors stay on your body so that all signals are collected the entire night. While your technologist will try to make your night as comfortable as possible, they may need to enter your bedroom on occasion if a sensor needs adjustment.

Instructions for your Sleep Study

The quality and validity of your study will be enhanced by following these instructions:

- A. In the several days prior to your sleep study you need to maintain your usual sleep-wake schedule, daily activities, and medications (including over-the-counter medications). Please do not consume any caffeine or chocolate past noon on the day of your study. If you experience significant changes in any of the above areas prior to your sleep study please inform us immediately as we may need to modify plans for your sleep study.
- B. Should you become ill (cold or allergy symptoms, diarrhea, fever, etc.) in the several days prior to your sleep study - call our office about your illness.
- C. **On the day of your sleep study, shower, shampoo and dry your hair. Women should remove make-up and remove fingernail polish/acrylic or false fingernails from the left index finger before arriving at the center. Men should make sure all facial stubble is shaved. If you have a *full* beard or mustache, there is no need shave.**
- D. **Please arrive at the time you were scheduled. You will enter through the glass doors located in the main covered parking area. Press the intercom button located to the right of the glass doors and a staff technologist will be able to see and hear you and will then allow you access into the building.**
- E. Bring your daily medications (including medications taken in the evening and early morning) with you to the Center; let the technologist know which medications you need to take during your stay at the Center, and at what times. If you suffer from nasal congestion, be sure to bring your decongestant.
- F. **Bring preferred pajamas, pillows, etc. You are required to wear underwear (shorts/briefs are required at minimum). You may bring a bedtime snack. A refrigerator and microwave oven are available for your use.**
- G. **The center has a bathroom equipped with a shower. You may want to bring your own overnight toilet kit.**
- H. You will be awakened between 6-7 am the following morning. Please do not ask your sleep technologist for feedback about the results/findings of your sleep study. We will contact you with your physician's recommendations 10 business days after your sleep study.

Contact Information:

- If you have questions about your sleep study or you need to reschedule – please contact our office during normal business hours at **329-9296 ext. 204.**
- If it is the day or night of your sleep study and you are calling after 5pm or on the weekends - you will need to contact the lab directly at **329-9296 ext.209.**

After your sleep study:

Review and analysis of your sleep study will take up to **ten (10) business days**. We will call you with your physician's recommendations.
