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ADVANCED SLEEP LABS
525 N. Keene St., Suite 302
Columbia, MO 65201

Phone: 573-441-0455 Toll free: (844) 822-8052 Fax: 573-449-4491

Hello! Your child is scheduled for a polysomnogram (“sleep study”) on (____, _____, ____). If this date does not work for your schedule, please contact our office asap to reschedule.

Please arrive at Aspen Medical Park (525 N. Keene Street) no later than 7:30 PM on that evening. Take the elevator to the 3rd floor and have a seat in our waiting area (you will see the red chairs upon exiting the elevator) and the technologist will be out promptly at 7:30 PM to greet you and show you to your room.

Aspen Medical Park is near the intersection of Interstate 70 and Highway 63, across the street from Women’s and Children’s Hospital. The main entrance faces south toward Boone Clinic. Please bring a photo ID, your child’s insurance card, and the completed Sleep Evaluation Questionnaire with you.

We will call to confirm the scheduled study approximately 24-48 hours prior. When doing so, please let us know if your child has had:

- Any recent surgeries or hospitalizations.
- If your child currently has or has had a cough, runny nose, fever, congestion, or any other symptoms of a short-term or recent illness. Illnesses can interfere with the accuracy of the study. If your child is sick when they arrive, the study will need to be rescheduled.

If your child appears to be ill on the day of the study, or you must cancel your appointment, call the sleep center as soon as possible.

*Due to COVID, we are taking precautionary measures prior to your entering the lab. This is for the safety of our patients, community, and staff. We appreciate your patience and understanding.

If you are experiencing any of the following, please call the lab for possible rescheduling:

1. Illness or any recent injury that may prevent you from sleeping well.
2. Been in contact with a positive COVID-19 case, tested positive yourself, or are experiencing any related symptoms (fever, cough, rash, shortness of breath, etc.).
3. Other symptoms not listed above.

Masks must be worn in the Aspen Medical Park and upon entry to the lab.

Entry into the building - Arrival time is 7:30 P.M. If you are going to be late, please call the lab at (573) 441-0455. Leave a message if necessary as well as a call-back number. Come up to the third floor of the building and upon exiting the elevator have a seat outside the lab door. Please do not arrive any earlier than 7:20 P.M. as we do not want you to have to sit and wait any longer than necessary. At 7:30 P.M. the technologist will be out to greet you, let you inside and show you to your private room.

Cancellations/Rescheduling - The polysomnogram that your child is scheduled for is a highly detailed test that studies sleeping patterns along with nighttime activity. The test records many functions of the body and takes special personnel trained in sleep disorders to conduct it. If there is a need to cancel or reschedule the test, please do so at least one business day before the scheduled date. If you do not arrive for the appointment without prior notice you may be subject to a no-show fee that insurance does not cover. When calling ahead, not only are

we making an appointment that meets your needs, but we also meet the needs of other patients that would like to come in sooner for an appointment. We understand that there can be emergencies as well, please call as soon as you can in those cases. Thank you for your understanding.

Emergency backup number - If you cannot get an answer from the department telephone you may leave a message. If the sleep technologist does not return your call, and it is emergent, you may call the backup number, (573) 292-6363. This number will connect you to the Lab Director. This is his personal cell phone so please leave a message if he does not answer so he can return your call. Please only call this number in an emergent situation. For other concerns, such as questions and rescheduling appointments, please call the lab phone. Please also note that there is no daytime staff at the lab on Saturdays and Sundays.

What to Expect During a Sleep Study:

The following is information for you to help understand what is being monitored during your child's sleep testing. If you have any questions, concerns, or need further clarification, please feel free to call the lab and a technologist will be happy to go over this with you in detail. Arrangements can also be made for you and your child to tour the Sleep Lab before your child's study so you will know what to expect? Please contact the Sleep Lab to schedule a time to stop by.

Q. What is a sleep study (polysomnogram)? If you are coming to our laboratory for a sleep study, you and your child are probably wondering what to expect.

A. A sleep study is a procedure which measures many body functions during sleep. Some of the measurements taken include:

- Brain waves (electrodes placed on the scalp)
- Heart rate (electrodes placed on the chest)
- Eye movements (small electrodes placed near the eyes)
- Muscle tension (electrodes placed under the chin)
- Leg movement (electrodes placed on the lower legs)
- Airflow (a sensor placed under the nose to measure airflow and carbon dioxide levels)
- Chest and abdominal breathing effort (belts placed around the chest and stomach)
- Blood oxygen levels (clip/tape-on sensor attached to the finger)
- Snoring (small microphone on the neck)

Q. Why record all these things?

A. During sleep there can be some changes to some body functions compared to when awake. Disrupted sleep can disturb daytime activities and sometimes medical problems during sleep involve a risk to basic overall health and behavior.

Q. Will the sensors hurt?

A. No. The process of placing the sensors is pain-free. Sometimes in rubbing (prepping) the skin where the electrodes will be placed there can be mild and temporary skin irritations. Some may also feel a sensation of warmth where the oxygen measuring device contacts the skin on the finger. However, these do not generally cause any significant discomfort.

Q. What happens during the sleep study?

A. The preparation process can take up to 1 to 1.5 hours. During the process, you may read bedtime stories, watch television, or complete your other bedtime routines. "Lights Out" designates bedtime

when all other activities end, and the sleep recording begins. The sleep tech will work with the child's caregiver so the child can get as much sleep as possible during the sleep study.

You will stay in the room with your child. One parent or legal guardian must be present for the entire study. We are only able to accommodate one parent or caregiver. Our pediatric testing rooms have a recliner and space for you to spend the night. Be sure to bring comfortable clothes for yourself, in addition to pajamas for your child.

The technologist may enter the room during the night to make adjustments, but usually won't have to wake your child up.

Q. Do I need to bring my child's medications?

A. If your child is currently on a medication(s) do not stop or change anything in preparation for this test unless specifically instructed to do so by your provider. If your provider feels it is necessary to change any of your medications prior to the test you will be instructed to do so. Please call if you have any questions about this.

Parents/Guardians are responsible for administering medications. The technologist will need to made aware of any administering of medications for documentation purposes.

Q. Is this test covered by insurance?

A. For most patients, sleep studies are covered under their medical plans. The amount of coverage depends on your specific plan. Due to the large number of insurance providers and different plans under those providers we cannot keep a list of what each plan covers. You should call your insurance company and ask them if the test you are scheduled for is covered and to what extent. Some insurances require a prior authorization or precertification before a test will be covered. Advanced Sleep Labs tries to keep things simple for our patients and referring providers and will check if a prior authorization or precertification is necessary prior to patients being scheduled at our facility.

Q. How long will I be at the sleep lab?

A. In the morning, the technologist will wake your child at approximately 5:30 AM and remove the sensors. Most families are ready to leave by 6:00 AM the next morning at the latest. If you need to leave the lab earlier than that or by a specific time, please let the technologist know and the tech will get you up in time to leave at the time you specify. You will have your own private bathroom with shower.

Q. When will I receive the sleep study results?

A. The sleep study results will not be available the morning after the study. The provider ordering the study will receive the results approximately 7-10 business days after the study date. Please follow up with the provider who ordered your child's study.

If you have any other questions prior to your child's test, please call the lab and we will do our best to answer any questions or concerns that you may have.

What to do the day of your child's sleep study

You can help ensure the success of your child's sleep study by:

- Keep your child active and withhold daily naps or naps close to sleep study time.
- Wash your child's hair thoroughly the night before or the morning of the sleep study ensuring that your child's hair is clean and dry. Do not use any conditioners, styling gels, hairspray, or hair oils.
- Avoiding all food and drinks with caffeine, such as chocolate, coffee, colas of any kind.
- Packing your child's favorite pajamas (two-piece), pillows, blankets, bedtime stories or stuffed animals to help them feel comfortable.
- Reassure your child that you will stay with him or her through the whole test and that nothing should hurt.

Checklist for the Parents or Guardians

- Bring identification, child's insurance card(s), and completed Sleep Evaluation Questionnaire.
- There are sizable recliners for parents/guardians to sleep in and the lab does provide sheets, blankets, pillows, and towels.
- Toiletries (e.g., toothbrush, toothpaste, comb, shampoo, etc.)
- Clothes to wear upon leaving the lab.
- You may want to bring pajamas and other personal items for yourself.
- Reading material if you choose.
- ASL does have free wireless internet.
- Each patient room has its own handicapped accessible bathroom.

If you have any questions or concerns, need to file a complaint/grievance or obtain copies of ASL's rights and responsibilities and HIPAA privacy policy, call Advanced Sleep Labs at (573) 441-0455 or visit our website at www.advancedsleeplabs.net where you can access these forms as well.

Thank you,
Advanced Sleep Labs