

A•S•L

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! You are scheduled for your polysomnogram (“sleep study”) on _____, _____. If this date does not work for your schedule, please contact our office 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 and your insurance card with you.**

*Due to COVID, the precautionary measures that we are currently taking entail a screening process prior to your entering the lab which entail your temperature being taken along with some specific questions pertaining to symptoms and scenarios that are associated with COVID. 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. Unable to stand or assist with moving and basic personal care.
3. Need to have an attendant or family member stay in the lab with you (pediatric patients (17 and under) are required to have a parent stay) or if you have any special needs.
4. If you are temporarily taking some prescription pain medications.
5. 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.).
6. Other symptoms not listed above.

Many patients need to have two separate studies in the lab. If you have never had a formal, in-lab, study then your first night will start as a “baseline” polysomnogram. If you show signs of sleep apnea that meet criteria then you might have a Continuous Positive Air Pressure (“CPAP”) device attached to you via a small mask that fits to the nose (or nose and mouth in some cases). If CPAP is applied in the middle of your first study, we refer to this as a “split-night” study. The CPAP machine has to have its pressure setting slowly adjusted for each person. Sometimes there is not enough sleep time to finish adjusting the CPAP machine to stabilize a person’s breathing. If a person has sleep apnea but does not meet the split-night criteria OR a split-night is done but the machine still needs further adjustment, then a second study will be necessary to properly set the pressure on the CPAP machine. In rare cases a person may have to have further testing if their sleep issues are more complicated.

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

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

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.

Patient Information for Sleep Testing:

The following is information for you to understand your 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.

Q. What is a sleep study or polysomnogram?

A. A polysomnogram is a procedure which measures many body functions during sleep. There are standardized parameters for every study but there are minor differences from test to test. 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)
- 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.

Q. How can I sleep with all these things on me?

A. Surprisingly, most people sleep reasonably well. We are only looking to obtain a sample of your sleep. The body sensors are applied so that you can turn and move during sleep. You can get out of bed with little assistance. None of the electrodes break the skin and no needles are used. The entire procedure is painless. The wires are bundled together into a “ponytail” of sorts to prevent tangles. Our staff will try to make your sleep environment as comfortable as possible.

Q. Will the sensors hurt?

A. No. Sometimes in rubbing the skin or putting on the electrodes there are mild and temporary skin irritations. You may also feel a sensation of warmth where the oxygen measuring device contacts your skin on your finger. However, these do not generally cause any significant discomfort.

Q. Will I be given a drug to help me sleep?

A. Probably not. If you are currently on a medication to help you sleep, it is important we know about it before testing. Please call the sleep lab and let us know if you have not already. It is also important not to consume any alcohol for 12 hours prior to testing. It is OK to have 2 caffeinated beverages before 2 P.M. on the day of testing. Try to get at least 8 hours of sleep three nights leading up to your testing, and **do not take naps on the day of your test.** Maintain a usual bedtime and wake time several days prior to testing.

Do not stop or change any of your medications 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.

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 most cases patients are done by 6-6:30 A.M. the next morning. If you need to leave the lab by a specific time (such as to be at work in the morning) 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.

If you have any other questions prior to your test, please call the lab and we will do our best to answer them.

Patient Checklist

- No caffeine after 2 P.M.
- No alcohol or naps the day of the test!
- Identification and insurance cards.
- Completed sleep questionnaire.
- Comfortable clothes/pajamas to sleep in - please avoid any tight-fitting or slippery fabrics.
- The lab provides sheets, blankets, pillows, and towels.
- Toiletries (e.g., toothbrush, toothpaste, comb, shampoo, etc.)
- Clothes to wear upon leaving the lab.
- Medications - Advanced Sleep Labs does not dispense medication. Please bring anything with you that you take during the time you will be at the lab. If you take a sleeping pill regularly at home, bring that with you as well but please inform your technologist of what you are taking and how much before taking the medication. Do not take any sleep aids before arriving at the lab and discussing it with the technologist.
- Reading material if you choose.
- Free wireless internet is available for your electronic devices and there is also a television in the room.
- If you are diabetic, please remember to bring your medications and any snacks you might need. There is a small refrigerator available if needed for snacks or insulin.
- Each patient room has its own handicapped accessible bathroom.
- Please eat your evening meal before arrival. The lab does not provide meals unless you have an overnight study and are scheduled for additional testing the following day.

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