

Appointment Date: _____ **Time:** _____

LOCATION: Aultman North: 6100 Whipple Ave. NW, North Canton

DEPARTMENT: Sleep Lab

SUMMARY OF THE EXAM

A sleep study, or polysomnography, is a recording that contains several types of measurements used to identify sleep stages and any problems with sleep patterns. It can help identify sleep disorders.

WHAT TO EXPECT

You will arrive at the sleep center around 9 p.m. Once you are settled into your sleep room, you will be hooked up to equipment to monitor your sleep and heart by putting electrodes (patches) on your head and chest. You will have a sensor taped to your finger to monitor your blood oxygen level.

You may watch TV, listen to music, or read until your study begins. Your sleep activities – brain waves, heart rhythm, breathing patterns, body movements and oxygen levels – will be monitored from approximately 11 p.m. until 6 a.m.

This is a test that often needs to be performed more than once. Please check with your doctor to find out more information.

GENERAL INSTRUCTIONS

- Please bring a written order from your doctor to the exam
- Please bring a complete list of all your medications
- Please bring a driver's license or other photo ID
- Please bring the completed sleep questionnaire, if you received it in the mail.

BRING: comfortable 2-piece sleepwear that buttons in the front if possible and a favorite pillow and/or blanket and reading material if you want. Also bring clothes to go home in.

LENGTH OF EXAM: You should arrive at the center at 9 p.m. and leave between 6 – 7 a.m.

AFTER THE EXAM: You may resume all normal activities after the test.

QUESTIONS PRIOR TO YOUR TEST

You will get a call from sleep lab staff the day prior to your exam. Call 330-305-6976 weekdays between 7 a.m. – 3:30 p.m. or 8:30 p.m. – 7 a.m. or Saturday between 8:30 p.m. – 7 a.m. for any other questions about your test.

You should expect to receive the results of your exam at your next health care provider appointment (if scheduled) or within 10 days of your exam. Please call your health care provider if you do not receive your results.

SCHEDULING AND REGISTRATION: Pre-registration is required for an accurate medical record and proper billing. You may be contacted by a patient access representative if we need any information. If you have questions or need to schedule or reschedule your exam, please call 330-363-6288 or 1-800-837-0440 Monday – Friday between 7 a.m. and 6 p.m. All exams require a written order from your physician.

DIRECTIONS TO SLEEP LAB

Park in the main lot in front of the building and enter through the sleep lab entrance (to the right of the building). Take the elevator to the second floor. Ring the doorbell and have a seat. Someone will be with you shortly.