



IMPORTANT RESOURCES

Questions, rescheduling and cancellations:

Phone 415-878-0225 x 105
Monday – Friday 9am-5pm

Please provide 48 hour notice for canceling or rescheduling to avoid \$300 cancellation fee

Please call to reschedule if you develop any symptoms of a respiratory infection such as fever, new or worsening cough, or difficulty breathing.

Your appointment location:

7100 Redwood Blvd.
Suite 150
Novato CA 94945

For more information, please visit our website

<http://www.marinpulmonarysleep.com>

IN-LAB SLEEP STUDY

Appointment preparation:

- Have one fingernail free of nail polish and/or acrylic nails for the oxygen sensor (any finger except the thumbnail).
- Cotton pajamas (must not be silky PJ's) or a t-shirt and gym shorts can be worn for sleeping.
- Bring your health insurance card(s) and driver's license or government-issued ID to the appointment.

On the night of your Sleep Study:

- Please arrive **ON TIME**. There is free parking just outside the Sleep Center.
- Ring the camera-doorbell outside the front door.
- Your sleep technologist will let you in and escort you to your private room for your appointment.
- Due to liability issues, we are unable to accommodate overnight guests, with the exception of a previously arranged necessary caregiver.
- If you are using a sleeping pill prescribed by your doctor and it is the first time you take it, please arrange for a ride home in the AM

Sleep Study test:

- Appointments are at 8:30 PM and 9:30 PM
- You will have privacy as you change into your night clothes in your private room.
- The restroom is shared with 1-3 other patients.
- Your technologist will apply various external monitoring devices using tape and paste, including:
 - o 13 electrodes on each side of your scalp and face. Electrodes are fine wires placed on the surface of your skin. A mild cleanser is used to clean the skin before application.
 - o 1 recording device on your chest.
 - o 2 patches on your chest to record heart rate (EKG).
 - o 1 nasal cannula to detect airflow from breathing.
 - o 2 flexible belts around your chest and abdomen to monitor breathing effort.

- o 4 electrodes on your legs to detect kicking movement.
 - o 1 sensor on your finger to detect the amount of oxygen in your blood.
 - o The sensors are secured to allow for normal movement while sleeping.
- During this application process, you will be sitting up in a chair. This process is expected to take anywhere between 30 minutes to an hour. Your technologist will provide you with an overview on what to expect during your sleep study. You will have time to ask questions and get clarification during the instruction process.
 - Each technologist is responsible for 1 to 2 patients. Each room has a video camera and a speaker, which allows your technologist to maintain visual and audio contact with you from the monitoring area.
 - You will have time to get dressed in the morning, but for patient protection, showers are currently unavailable. Please plan time to shower at home. Please be prepared to leave the sleep lab no later than 6:30 AM.
 - If someone is picking you up, please plan to wait in the main lobby on the 1st floor or outside of the Main Entrance until your ride arrives.
 - Your technologist will be available for questions, but cannot discuss and/or provide copies of the data collected. This data must first be analyzed and then reviewed by a sleep physician.

After your appointment:

Finalized results of your test will be sent to the provider who ordered your sleep study within 2 weeks. We advise you to schedule an appointment with your Sleep doctor to review the study results and discuss the next steps.

Financial information and other items of importance:

\$300 cancellation fee will be assessed to you directly if you cancel with less than 48 hours' notice or if you "no show" for your scheduled appointment. Your insurance will not be billed for this fee. You will be asked to sign a no-show agreement and credit card on file consent at the time of your appointment.

It is your responsibility to understand and know the coverage criteria for your insurance, including your deductible and co-pay amounts. Sleep Center of Marin will make every effort to verify your insurance coverage and obtain any needed referrals and/or authorizations for services to be provided by the center. Our billing manager will contact you if there are issues and offer assistance. However, it is still *ultimately your responsibility* to understand and know the coverage criteria for your insurance. Prior to receiving any health service, please verify with your insurance that all needed referrals, authorizations and other information has been obtained. Our sleep technologists will not be able to answer questions regarding your insurance plan or coverage.

You will be asked to sign a *Consent to Treatment* form before your appointment unless you have completed one in the last 12 months. The night of the test, you will be asked to fill out a brief check-in questionnaire to ensure you are ready for the test.

Sleep Study Preparation Checklist:

(Use this as your checklist before arriving to have a successful sleep study)

Avoid:

- Alcohol, marijuana and any illicit drug use at least 4 hours prior to testing. Sleep Center of Marin has a Zero Tolerance Policy.
- Napping.
- Caffeine after 12pm (noon).
- Using sprays, oils, gels or lotions in your hair and on your skin.
- Makeup on the face.
- Bringing items of value

Do:

- Shower and wash your hair with shampoo only.
- Remove hair pieces and/or hair weaves to allow for electrode placement.
- Have one fingernail free of nail polish and/or acrylic nails (including gel or dip powder).
- Shave before you arrive for your study, except if you have a full beard or mustache.
- Have a light, early dinner before arriving at your scheduled location.
- Arrive on time
- Have someone pick you up in the morning if you took a sleep aid for the sleep study.

Bring:

- Health insurance card and driver's license or government-issued ID.
- Medications including antacids, Tylenol and ibuprofen.
- Sleep aid if prescribed. Take this only when instructed to do so by your technologist. If you are taking one for the first time, please arrange for a ride home the next morning.
- Your CPAP mask if you are a current CPAP user.
- Your glucometer and insulin if you are diabetic.
- A book or magazine.
- A pillow if you choose. Kids may bring a favorite toy or blanket.
- Pajamas or t-shirt and gym shorts to sleep in. Please no silk PJ's
- Toiletries for before bed and in the morning (toothbrush, toothpaste, soap or facial wash).

**If you use oxygen, please bring your portable oxygen tank to the test center. Please have an extra tank with you to ensure you have enough oxygen for the ride back home.