

## Sleep Study Info

**Your overnight sleep study has been scheduled for you!**

At  8:00pm  8:30pm  9:00pm in our \_\_\_\_\_ Location.

*\*The technologist is not scheduled to arrive prior to 7:45pm. Please arrive no earlier than 8:00pm*

**Your sleep study will be over by 6:00am the following morning unless Dr. Chin has ordered a Multiple Sleep Latency Test (MSLT) daytime nap study in addition to your overnight test.**

In that case you will also stay the following day and will be discharged about 4pm.

*\*Please remember that costs are being incurred to plan and perform your sleep study. A private bedroom will be reserved for you and a Registered Sleep Technologist will be assigned to you to conduct your overnight Sleep Study. Due to the large block of time and resources needed for an overnight sleep study, last minute cancellations can cause problems and added expenses for our office. For that reason we request at least 48 hour notice to cancel or re-schedule your appointment. In the event that less than 24 hour notice is given or you do not show for your appointment you will incur a \$75 "no-show" fee that is not covered by your insurance.*

### ❖ Where to Go:

- We have 3 locations. If you are unsure of the location which you are scheduled at, please call.

<b>CARY</b>	251 Keisler Drive, Suite 100	<b>Normal-Hours Ph:</b> 919-289-4432 <b>After-Hours Ph:</b> 919-552-5888
<b>SANFORD</b>	101 Dennis Drive	<b>Normal-Hours Ph:</b> 919-267-3125 <b>After Hours Ph:</b> 919-708-5008
<b>PINEHURST</b>	295 Olmsted Blvd, Mellon Bldg, Suite 12	<b>Normal-Hours Ph:</b> 910-235-0595 <b>After-Hours Ph:</b> 910-235-0584

- If you need to contact the sleep center after business hours (8am-5pm), you may reach your technologist directly by contacting the after-hours phone number listed above between 8:15pm – 6:00am. You may have to leave a message but you will receive a return call shortly.
- If you have difficulty staying alert while driving please make arrangements for transportation to and from the center. Your ride will need to pick you up by 6:00am the following morning.

### ❖ How to prepare:

- Please have freshly-cleaned hair and skin. In order to run these tests, the sleep lab staff will attach a variety of sensors to your scalp, face, and body. This is a painless process, as most of the sensors are held in place with tape or a special paste. The technician will lightly scrub small areas of your skin before the sensors are applied, in order to remove any remaining body oils and/or dead cells on the skin's surface that may interfere with the test. Avoid using body lotions, hair conditioners/gels and similar products, as these may interfere with the test. If you have a hair weave it may need to be removed since we will need to attach sensors directly to the scalp.

**Cary** – 251 Keisler Drive, Suite 100 Cary, NC 27518

**Sanford** – 101 Dennis Drive Sanford, NC 27330

**Pinehurst** – 295 Olmsted Blvd, Suite 12 Pinehurst, NC 28374

### ❖ **What to Bring the Night of Your Sleep Study:**

- Appropriate bedclothes (preferably two-piece pajamas). Short nightgowns are not recommended, and nudity is not permitted.
  - If you currently use CPAP, please bring your mask but **not** your machine.
  - A list of all the medications you are currently taking. Do not stop taking medications unless stated by your doctor.
  - Any medications you may need during the night of your sleep study. Do not take any sleep aids prior to arriving at the sleep center and only after the technologist is finished attaching all of the sensors. Please make your technologist aware of any sleep aids that you take.
  - Personal toiletries (toothpaste, toothbrush, comb, brush, etc.), and a change of clothes for the next day.
  - Reading materials, tablet or laptop.
  - Please feel free to bring a special pillow, stuffed animal, fan or white noise device if desired.
  - Your eyeglasses, if necessary (there will be more paperwork to be filled out when you arrive).
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### **The MSLT -Daytime Sleep Study (IF ORDERED BY YOUR DOCTOR):**

The Multiple Sleep Latency Test (MSLT) is a daytime sleep study involving a series of several nap opportunities spaced throughout the day. It is typically done in conjunction with a night-time sleep study (always the night before the MSLT). The purpose of the test is to identify people who are unusually drowsy, despite getting adequate sleep

There is a chance that you will not need to stay for the MSLT day study depending on the results of your overnight sleep study. If Sleep Apnea is noted on your overnight sleep study, the MSLT nap study may be cancelled until we treat your sleep apnea. Your sleep technologists will let you know in the morning if you are cleared to stay for the MSLT study.

#### Things to bring along:

- Loose, comfortable daytime clothing for the day of the test.
- Loose, comfortable nightwear if you have an additional night test.
- “Sack meals” (breakfast and lunch; you may use our fridge and microwave oven). You may also choose to order out use Uber Eats, GrubHub, DoorDash or a similar meal delivery service.
- Something to do. We do not have live or cable TV. We do offer Netflix and have free Wifi. You are welcome to bring books, laptop computers, magazines, handheld games, or other diversions for the “waiting periods” you will experience during the day.

The test takes all day; plan to be at the sleep center until approximately 4pm (for typical-schedule sleepers).

You should avoid caffeine and alcohol on the day of the test. If you consume caffeine or alcohol regularly, it is important to slowly “taper down” your use over a period of one to two weeks before the test, to avoid problems (such as headaches) that can occur when you stop too suddenly. Be sure to get enough sleep during the two weeks prior to your test. It is important to be well-rested.

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