



PATIENT INSTRUCTIONS

Appointment Date: _____ **Appointment Time:** _____

Your physician has referred you to the Medical Clinic of Houston Sleep Disorders Center to undergo testing for a possible sleep disorder. The staff of Medical Clinic of Houston's Sleep Disorders Center will verify your insurance benefits and obtain pre-certification if it is required by your insurance company. Please note that pre-certification is not a guarantee of payment and you may be responsible for the charges. If you are not eligible to receive services at our facility, we will contact you and your physician immediately.

What to Expect

Your sleep study will consist of applying several electrodes and sensors. These will help us measure brainwave activity, eye movement, muscle activity in your chin and your limbs, breathing effort, breathing airflow, heart rate and rhythm, body position, and the oxygen level in your blood. These measurements are necessary in order to identify certain types of sleep disorders. The procedure is not painful. There is a good possibility you will be required to have two sleep studies. The first study is performed to determine the degree of the sleep disorder while the second study is to determine the optimal titration of positive pressure needed to treat the sleep disorder. You will also be video recorded during your study. The technician will notify you when the recording will begin. The recording will continue until the test is complete. This video will only be used in helping diagnose a sleep disorder and will be part of your medical record. The sleep technologist will explain the study procedure to you. Your technologist will not be able to discuss your sleep study results with you upon completion of your sleep study. Please direct all questions regarding your sleep study results to your physician.

Parking

Self-Parking: Please park in the MCH parking garage on the 4th floor (see enclosed map). You may enter the garage off of Cherokee Street. Upon entering, pull a ticket which will be validated for you prior to your departure. The entrance to the Sleep Disorders Center is on the 4th level of the garage to the left of the elevator bank. Ring the bell to let the staff know you have arrived. The technologist will ask you to identify yourself before you are allowed to enter.

Drop Off: Please have your driver pull in to the valet area and park (do not go thru parking gate). If they wish to accompany you to the sleep entrance, park in the valet area and take the Garage elevators to the 4th floor. The sleep lab entrance will be to the right as you get off the elevators.

Duration

You will be monitored for approximately 6 to 8 hours and then awakened in the morning by the technologist. If you need to get up at a certain time, please inform the technologist. Otherwise, you will be asked to exit the sleep lab around 7:00 a.m. You will have approximately one hour for personal hygiene preparation the next morning (shower, shave, dress, etc.). Towels, soap and shampoo are furnished. You will need to bring with you all other toiletries. The Sleep Disorders Center is not opened during the day and will close upon your departure.

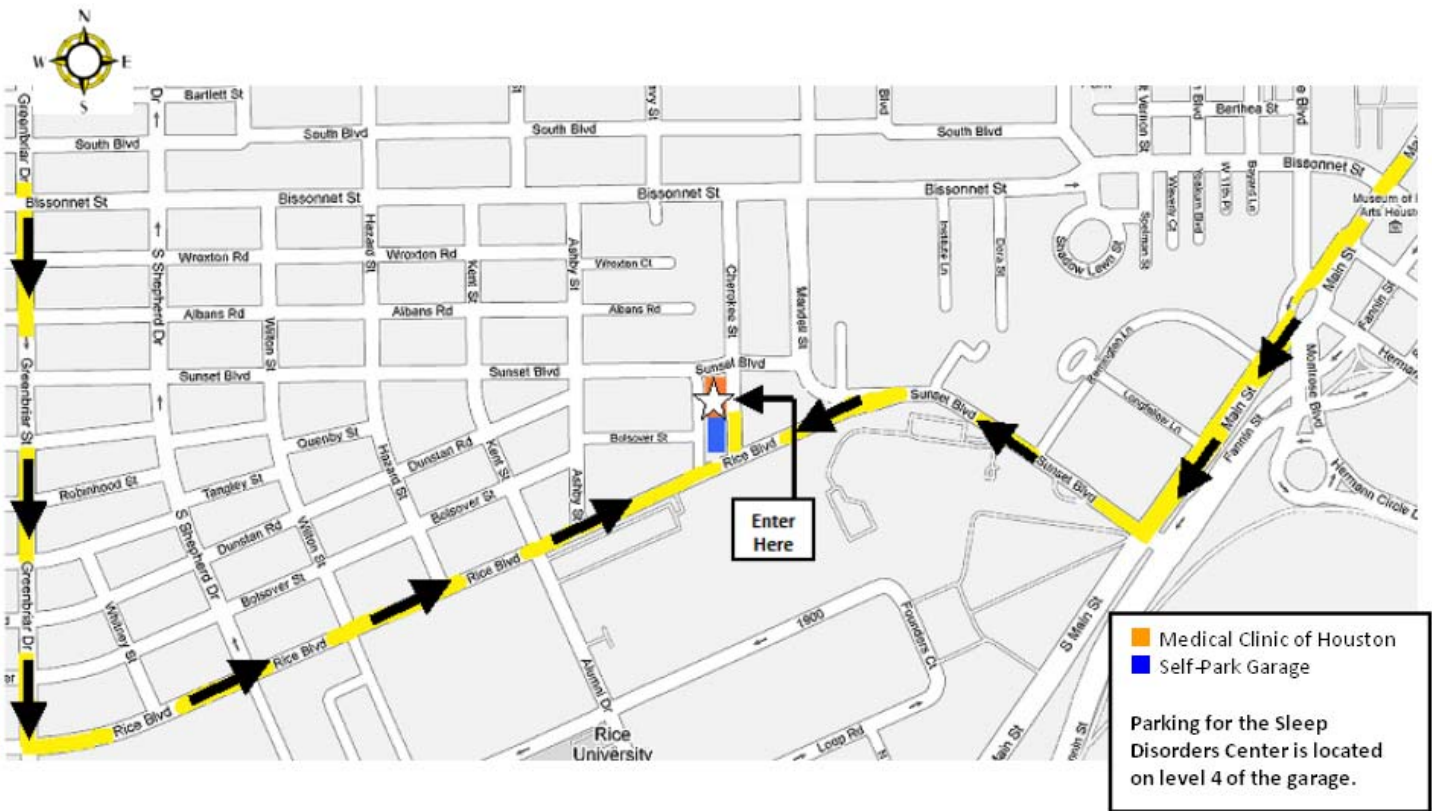
Preparations

Prior to arriving for your sleep study:

- Continue your current medication schedule unless your physician tells you to make changes.
- Go to bed at your usual time and get up in the morning at your usual time. Try to maintain your regular routine in regard to sleep, diet, exercise, and medications.
- Do not take a nap on the day of your sleep study if possible.
- Consume your evening meal before you arrive. Do not consume caffeine after 12:00 noon the day of your study.
- Come with dry clean hair and avoid hair gel and other styling products if possible.
- If possible, be clean-shaven. If you currently have a beard you may keep your beard however stubble of any kind is not advisable.
- You should not wear hairpieces or extensions that would not allow direct contact with your scalp.
- Be prepared to remove dentures or prosthetics that you may have. You may bring these items and wear them after the study.

What to Bring

- Your completed questionnaires. Your responses will help your physician diagnose any sleep disorder you may have. Please take the time to answer all of the questions.
- Comfortable, loose fitting sleeping attire. Avoid nylon and other synthetic materials.
- Personal hygiene items.
- Favorite pillow and/or blanket, if this will help you feel more comfortable.
- Medications in their original containers with proper labeling. If able, please take medications that you require prior to your arrival. If there are medications that you must take at bedtime, you may take these at the lab. **The technologist cannot distribute medication to you. Please bring any prescribed sleeping medications even if you do not routinely take them. It is best to have them with you in case you have trouble falling asleep.**
- Any desired snack items.
- A breakfast snack, bottled water and coffee will be available at the Sleep Disorders Center.



OPTION 1: Traveling north or south on Hwy. 59, exit at the Greenbriar/Shepherd Exit, turning South on Greenbriar. Travel fourteen blocks to the intersection of Greenbriar and Rice Blvd. Turn left onto Rice Blvd. Turn left onto Cherokee St. The entrance to the parking facility is on the left-hand side of the street between Rice Blvd. and Sunset Blvd. Parking for the Sleep Disorders Center is located on level 4 of the garage.

OPTION 2: From 59 (traveling north on 59, take Main St. exit) (traveling south on 59, take Fannin St. exit). Travel south on Main or Fannin (as applicable) to Sunset Blvd. Turn right onto Sunset then stay left as Sunset turns into Rice Blvd. Turn right onto Cherokee St. The entrance to the parking facility is on the left-hand side of the street between Rice Blvd. and Sunset Blvd. Parking for the Sleep Disorders Center is located on level 4 of the garage.

