



**Desert Pulmonary & Sleep Consultants**

## ***ABOUT YOUR APPOINTMENT***

### ***Where are you located?***

We are located at 2730 South Val Vista Drive in Gilbert, Arizona. The office is located on the west side of Val Vista Drive approximately one mile north of the Loop 202 (San Tan Freeway) and just south of Williams Field Road in the Spectrum Falls office complex. The most direct route to our building is to enter off of Frye Road. This southern-most entrance will lead you straight to our building. The suite number is 155. (Building number 9)

### ***When is check in?***

Most exams are scheduled at 8:00 p.m. or 9:15 p.m. Please arrive on time. The technologist arrives only a short time before your appointment, so do not arrive early.

### ***What should I bring with me?***

In addition to your insurance card, bring anything you would normally bring for an overnight hotel stay. This may include:

- Pajamas
- Shaving cream and razor (men only)
- Toothbrush and toothpaste
- Lotion, lip balm, comb, sleeping mask, ear plugs.
- Medications (A MUST! Continue your normal medications unless otherwise advised by your physician.)
- Change of clothing
- Your favorite pillow or blanket

### ***How do I prepare for my test?***

To prepare for your sleep study we ask that you read the following instructions.

- Do not take naps the day of your sleep study as naps may decrease the quality of your sleep that night.
- Do not drink caffeine after lunch on the day of your study.
- Bathe or shower before your test, including washing your hair, as clean skin is necessary for application of the monitoring sensors.
- Do not use or apply any body lotions, hair conditioners, hair creams or tonics.
- Remove all nail polish as it may interfere with the oxygen sensor readings.
- Complete the Patient Sleep History Questionnaire included in your welcome packet. If you know someone who routinely observes your sleep behaviors have that person complete the "Observations of Others" section of the questionnaire.
- Review the HIPAA form, the Informed Consent and the Financial Agreement prior to your arrival in the lab. These forms will be reviewed with you by our staff before you sign them.

*What about the sleep study - will I be able to sleep?*

The sleep evaluation is painless and non-invasive. Specially trained technologists will apply a dozen or more small sensors to your scalp, face, chest and legs. They will monitor everything from brain waves, heart rate, oxygen levels, eye movements, leg movements, and even muscle spasms. These sensors will not prohibit you from moving around in bed and may be temporarily disconnected by the technologists when you need to use the bathroom. Most patients fall asleep within minutes and sleep as soundly as they do at home.

*Can my family come with me?*

Family members may accompany you to the sleep center; however, when the testing procedure begins they must leave the center unless special arrangements have been made otherwise. All minors being tested in the sleep center MUST be accompanied by a parent or guardian during the testing procedure. Special arrangements will be made for that guardian to stay in the sleep center.

*When do leave in the morning?*

In most cases we will awaken you between 6:00 and 6:30 a.m. depending on when you started your test. We can wake you earlier if you request it. After you have been unhooked, you may take a shower and get ready for your day. We will check you out by 7:00 a.m. Coffee, juice, and breakfasts treats will be .

*When will get my results?*

Your results will be sent to your doctor within 5 business days.

**ABOUT GETTING THE MOST FROM YOUR SLEEP**

Stick to a regular schedule of going to bed and getting up at the same time every day.

Exercise regularly in the morning or afternoon; do not engage in strenuous activity within 4 hours of your bedtime.

Find the right room temperature for you and maintain it throughout the night.

Napping worsens the quality of your nighttime sleep. Therefore if you need to nap, the nap should be completed at least 8 hours prior to your normal bedtime.

Avoid alcohol and heavy meals within 4 hours of your regular bedtime.

Avoid caffeine or limit it to morning hours only.

Try to relax before going to bed. Take a warm bath, listen to music and avoid stressful thoughts.

If you cannot sleep a night, do your best to preserve your normal 24-hour cycle of activity and rest.