

**Our goal is to make your stay here as pleasant as possible. Please be sure to let your technician know if there is anything we can do to make you more comfortable.**

**Arrival:** Arrive at the sleep center at 8:00 pm. Enter the hospital through the Emergency Department door because the main hospital entrance will be locked. The sleep center is located on the 4<sup>th</sup> floor – room 421 and can be contacted at 301-774-8736 if you will be arriving late.

**Parking:** You may park anywhere in the open lot in front of the emergency room entrance or in the garage overnight

**Insurance:** As a courtesy, MedStar Montgomery Medical Center will verify insurance benefits prior to your appointment and submit appropriate claims to your insurance company; however, as a medical care provider, our relationship is with the patient and not with the insurance company. Therefore, the patient is ultimately responsible for: understanding their insurance benefits; payment of all charges; and resolution of any billing disputes with the insurance company. Patients are financially responsible for all copayments, coinsurance, deductibles and all other procedures or treatments not covered by their insurance plan. Payment is due at the time of services and may be paid by check or credit card only; cash will not be accepted.

**Study Instructions:** Make-up, creams, lotions and hair products may interfere with the quality of the recording. Please make every effort to remove these products prior to your arrival. A Pulse Oximeter probe will be used to monitor your blood oxygen levels. Please remove thick/dark nail polish. Multiple EEG electrodes will be placed upon your scalp with a conductive paste to record your brain waves. The conductive paste is sticky but does wash out with water. Wigs will need to be removed before your sleep study because the electrodes must make contact directly with your scalp. If you are not able to speak or write English please bring someone with you that is able to translate to you any needed information or document(s). If you normally take medications at bed time for any medical condition please bring them and take them as directed by your physician. **Disruption of sleep:** We will do our absolute best not to disturb your sleep. However, we may need to adjust sensors or replace crucial electrodes during the night, if any malfunctions, in order to maintain the quality of the study.

**Pajamas:** Please bring a pair of pajamas that has a bottom and a top. Electrodes are placed on your legs, chest, and rib cage. A pair of loose fitting pajamas will make the set-up process easier. If bed wetting or incontinence is a concern please be sure to inform the technician, and bring appropriate protective garments/pads.

**Rooms:** Each patient has a separate room with a full size bed and cable television. If you are too hot or too cold please let us know, so we may adjust your thermostat, or get you a blanket or a fan. There will be a sleep technician monitoring your sleep from another room throughout the night.

**Cell Phones/Electronic Devices:** Please silence all cell phones and turn off any other electronic devices during the sleep recording.

**Wake-up Time:** You will be awakened between **5:30 am – 5:45 am** (unless another time is pre-arranged). Please make arrangements for your morning transportation to arrive by **6:30 a.m.**

**Test Results:** Written results of your study will be sent to your referring physician usually within **10** business days. If you have a follow-up appointment with Dr. Miller, he will go over the test results with you at that scheduled time.