

BALTIMORE SLEEP AND WELLNESS CENTER

SLEEP DISORDERS TESTING FACILITY

6830 Hospital Drive

Suite 106-A

BALTIMORE, MD 21237

TEL. 410-284-3020 FAX 410-284-7204

PATIENT: _____

APPOINTMENT DATE & TIME : _____

WHY SHOULD I HAVE MY SLEEP RECORDED?

Abnormal sleep can pose a serious risk to your health, as well as disturbing many daytime activities. A comprehensive sleep study helps to better define the quality of your sleep and highlight any abnormalities.

WHAT WILL YOU MEASURE?

The most basic test is called a Polysomnogram or PSG. A comprehensive PSG test requires overnight observation by a qualified technician. We observe your sleeping position and record several biological functions while you sleep. Tests vary depending on the individual case. Some measurements taken will include:

Brain Waves (EEG) Heart Rate (EKG) Eye Movements (EOG)

Limb Movements (EMG) Brain Effort & Interruptions Snoring Pulse Oximetry
Video & Sound Recording

WILL I BE ABLE TO SLEEP?

Most people sleep well during sleep studies. Body sensors are applied in a manner that will allow you to turn & move during sleep. Generally, you will not be aware of the sensors after they have been on for a short time. Our staff makes the environment as comfortable as possible. If you need to get up & move anytime during the test, your technologist will help you unplug from the equipment.

ARRIVAL

Please arrive at the lab at your scheduled time. Failure to arrive on time may prevent our staff from being able to complete your sleep study.

If you get lost or are running late, please call us at (410) 406-8196

When you arrive the door will be locked. Please ring the doorbell at the back of the building.

HYGIENE

Please shower prior to your arrival at the lab. In order for the sensors to remain in place and function properly, your skin must be clean & dry.

Please DO NOT use moisturizers, creams or oils.

Your hair must be clean & dry – DO NOT use hairspray, gel or mousse.

Shower facilities will be available for use after your study is complete.

BED CLOTHES

WOMEN: please wear loose-fitting pajamas with buttons down the front or a button down shirt with sweat pants or shorts. Avoid wearing any revealing clothing, as others are present. **DO NOT** wear one-piece gowns, jumpsuits, tight garments or anything silky or slippery.

MEN: wear either pajamas or a t-shirt with pants or shorts.

UNDERCLOTHES ALONE ARE NOT ACCEPTABLE.

REMINDERS

Nightclothes

Something to read or work on before you go to bed.

Bring your own pillow or blanket, if you feel more comfortable.

Please bring any sleep logs or diaries

DO NOT take naps the day of your study.

DO NOT bring a clock with you, as you will not be allowed to observe the time during your study.

Eat a full regular meal prior to your arrival at the lab. You may bring snacks-**NO**

CAFFEINE

DO NOT consume caffeine or chocolate after lunchtime on the day of your study.

If someone is bringing you to the sleep lab, he/she will not be allowed to stay unless under special circumstances and prior arrangement is made with our office.

If someone is picking you up from the lab, he/she should arrive between 5:30 a.m. and 6:00 a.m. We provide fresh fruit, snacks, juice, and coffee.

Please take your medications as prescribed unless you are instructed by your physician to do otherwise.

*Bring any medications you may need during your stay in the sleep lab.

*Bring a list of medications you normally take and the time you took them the day of your study.

If you use CPAP/BiPAP please bring mask with you.

PLEASE BRING INSURANCE CARDS & PHOTO ID, SO WE CAN MAKE A COPY. FAILURE TO DO SO WILL RESULT IN YOU BEING BILLED DIRECTLY.

PLEASE CONTACT YOUR INSURANCE COMPANY TO LET THEM KNOW YOU WILL BE HAVING THIS PROCEDURE DONE AT THE BALTIMORE SLEEP & WELLNESS CENTER UNDER KIUMARCE KASHI, MD (PROCEDURE CODES 95810 & 95811

Please do not bring valuables. Baltimore Sleep & Wellness is not responsible for lost or stolen items.

WHAT HAPPENS AFTER THE STUDY?

The record of your sleep will be stored at the lab. It will be analyzed by a technologist and interpreted by our Sleep Doctor. Our physician will go over the results with you & explain a treatment plan. If you are diagnosed with Obstructive Sleep Apnea, our center will call you back and arrange for a second overnight treatment study to determine the effectiveness & pressure setting for a common treatment, known as CPAP(continuous positive airway pressure). We will also arrange for you to have a consultation with our specialist after your studies. At this appointment we will discuss multiple therapeutic options including CPAP, oral appliance therapy (Which is a small acrylic device that's fits over the upper and lower teeth or tongue similar to an orthodontic retainer or mouth guard, this device slightly advances the lower jaw or tongue, which moves the base of the tongue forward and opens the airway. This improves breathing and reduces snoring and sleep apnea. The oral appliance is fabricated and customized for each patient by our experienced dental specialist.

CANCELLATION POLICY

Please confirm your appointment **48 hours** in advance. **All cancellations must be made 48 hours in advance to avoid a \$200 cancellation fee.**