

Guide To Your Appointment



St. Vincent

Sleep Disorders Centers

THE SPIRIT OF CARING®

ABOUT YOUR APPOINTMENT

You have been referred to the St.Vincent Sleep Disorders Center for evaluation of a possible sleep disorder. You are scheduled for:

- A night polysomnography
- A day polysomnography
- A multiple sleep latency test



Your appointment is scheduled for:

Date: _____ Time: _____ a.m. or p.m.

Location: Indianapolis Carmel Fishers

(See maps at the back of this book)

You will be ready to leave at approximately:

Date: _____ Time: _____ a.m. or p.m.

If you work at night and sleep during the day, we may need to reschedule your appointment to a more appropriate time. Due to preparation required prior to your sleep study it is important that you arrive on time. Maintaining a timely schedule assists us in conducting a quality sleep study.

If you need to cancel or reschedule your appointment, please call 24 hours prior to your appointment at **317-338-2152** or **800-972-7869**.

PRE-REGISTRATION

You should be contacted by the St.Vincent Pre-registration department prior to your appointment. If they have not contacted you 24 hours prior to your study, please call **317-338-8787** to pre-register. You can also expect a call from the St.Vincent Sleep Disorders Center to confirm your appointment.

GENERAL INFORMATION

In this packet, you will find information on a number of items related to your appointment. Please review this information thoroughly and as soon as possible. This will allow adequate time for you to do any preparation prior to for your appointment.

PATIENT QUESTIONNAIRES

These questionnaires allow our sleep specialists to ensure that the testing and care you receive meet your individual needs.

As you complete the questionnaire, you will notice that some of the questions are of a personal nature. Be assured that all of our staff are professionals and this information will be held in the strictest confidence. A spouse or roommate may be better able to answer some of the questions for you. Please ask them for help if they are available.

TESTING FACILITIES

Your sleep study will be conducted in a private room similar to a hotel room. Each room is furnished with a private bathroom, telephone, and cable TV.

INSURANCE CARDS

Please be sure to bring your insurance card(s) with you to your appointment.

BILLING

You will receive two bills for this test. One will come from St.Vincent Hospital for the diagnostic portion of the study and the other will come from the dictating physician to cover the doctor's fee for analysis and interpretation of the study.

Some sleep disorders may require an additional night of testing. If additional testing, services, or office visits are required, there will be additional fees billed by both St.Vincent Hospital and the dictating physician.

FOR MORE INFORMATION:

St.Vincent Sleep Disorders Center
317-338-2152 or 800-972-7869
Fax: 317-338-4917
Email: sleepctr@stvincent.org
Sleep.stvincent.org

PATIENT INSTRUCTIONS

1. If you are ill, we ask that you reschedule your sleep study. This includes upper airway congestion, fever, rash, flu or any communicable disease. If you are unsure, please call us and ask.
2. Do not drink any beverages with caffeine or alcohol after noon on the day of your sleep study.
3. Please do not eat a large meal before your sleep study. This could interfere with your sleep.
4. Check with your doctor as soon as possible to determine if you should be tested while taking any type of sedatives, anti-depressants, sleep medications or any type of medication that will interfere with your sleep.
5. We cannot provide any medications during your sleep study. If you feel you may need a sleep aid to assist you in falling asleep, please contact your physician to obtain a prescription. Please bring all other medications from home that you may need to take while you are here for your study.
6. Continue to take any other types of medication such as blood pressure pills, heart pills, etc. as usual.
7. Do not take any naps during the 12-hour period prior to your study.
8. Bathe prior to coming for your study. Do not use hair conditioners, creams, oils, etc. on your hair after you shampoo. Likewise, do not use any creams, lotions, oils, makeup, etc. on your skin after you bathe. You may use deodorant.
9. Bring nightclothes such as pajamas, robe, and slippers along with your favorite pillow or blanket if you wish.
10. Bring any toiletries you may need to shower and dress in the morning.
11. If you need to awaken at a certain time in the morning, let your technologist know.
12. If you work nights and are being tested during daytime hours, it is extremely important that you stay on your usual sleeping schedule. Do not sleep the night preceding your daytime study. This could result in an inadequate study or rescheduling.



OVERVIEW OF A SLEEP STUDY

The overnight sleep evaluation records many different measurements. This is accomplished by placing small electrodes on the head, face, chest, and legs. Those placed on your head and around your eyes, ears, and chin record brain activity, eye movement, and muscle tone. These measurements will allow us to determine what stage of sleep you are in at any given time during the study.

The electrodes placed by your nose and mouth monitor breathing and record airflow. Two may be placed on each leg to record

movements. The electrodes placed on the chest will monitor heart rate. In addition, belts will be attached around your chest and abdomen to record respiratory movements. Finally, a probe will be placed on your fingertip to monitor oxygen saturation in your blood. It will take approximately 60 minutes to attach and adjust these devices.

MSLT INSTRUCTIONS

(Only done if ordered by your physician)

In addition to your overnight testing, your physician may have ordered a Multiple Sleep Latency Test (MSLT). This test will be done during the day immediately following your overnight sleep evaluation. You will arrive at 8:30 p.m. on your appointment date and stay until between 2:30 p.m.-4:30 p.m. the following day.

Based on the data gathered during the night study, the technologist may rule out the need for the MSLT. If that is the case, you will be ready to leave at approximately 6:30 a.m. Do not plan to come for the overnight evaluation if you will not be able to stay for the MSLT. An overnight evaluation must be done immediately prior to the MSLT to ensure the accuracy of the MSLT results.

The MSLT consists of 4-5 naps. They are conducted every 2 hours, with the first nap beginning approximately 1 ½ - 3 hours after you have awakened in the morning. The electrodes attached to your head, eyes, and chin will remain in place for the daytime study. Every 2 hours you will be asked to lie down and try to go to sleep. This test provides the necessary data for diagnosis of some types of sleep disorders that are not detectable with the overnight evaluation. It also assists the physician in determining the severity of your sleep disorder by assessing the degree of daytime sleepiness and its effect on your daytime ability to function normally.

You will want to dress in the morning prior to the MSLT testing. Please bring something that you will be comfortable napping in. Due to the placement of the electrodes, we recommend a shirt that buttons up the front. You will also want to bring something to occupy your time in between naps, such as a newspaper, book, laptop computer, etc. Cable TV is provided in each room. You will NOT be allowed to lie in bed or sleep in between the naps.

A regular breakfast and lunch without caffeine will be provided. If we receive special dietary orders from your physician or if you notify us in advance, we will make the necessary arrangements. As with the overnight study, if you are taking any special medications, please check with your physician to see if you should make any changes for the purpose of the study.

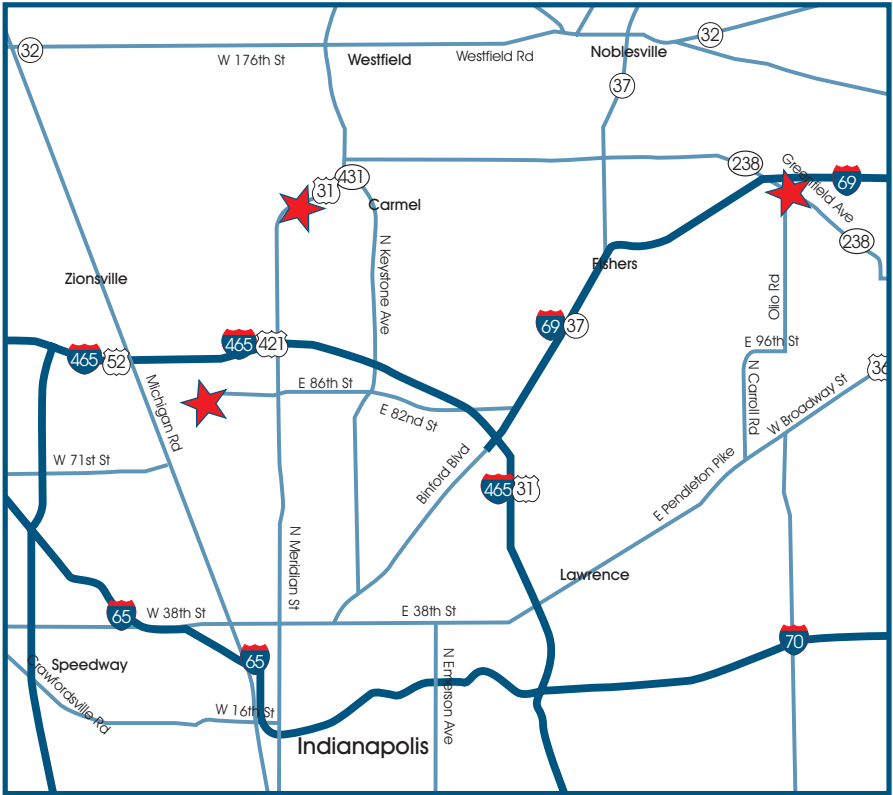


SLEEP HYGIENE TIPS

Behaviors that help promote sound sleep

- Try to sleep only when you are drowsy
- If you are unable to fall asleep or stay asleep, leave your bedroom and engage in a quiet activity elsewhere. Do not permit yourself to fall asleep outside the bedroom. Return to bed when—and only when—you are sleepy. Repeat this process as often as necessary throughout the night.
- Maintain a regular arise time, even on days off work and on weekends.
- Use your bedroom only for sleep, sickness, and sex.
- Avoid napping during the daytime. If daytime sleepiness becomes overwhelming, limit nap time to a single nap of less than 1 hour, no later than 3 p.m.
- Distract your mind. Lying in bed unable to sleep and frustrated needs to be avoided. Try reading or watching a DVD or listening to books on tape. It may be necessary to go into another room to do these.
- Avoid caffeine within four to six hours of bedtime.
- Avoid the use of nicotine close to bedtime or during the night.
- Do not drink alcoholic beverages within four to six hours of bedtime.
- While a light snack before bedtime can help promote sound sleep, avoid large meals.
- Avoid strenuous exercise within 6 hours of bedtime.
- Minimize light, noise, and extremes in temperature in the bedroom.





ST.VINCENT INDIANAPOLIS SLEEP DISORDERS CENTER

8401 Harcourt Road
Indianapolis, IN 46260

(inside the Stress Center building – enter through the main entrance)

ST.VINCENT CARMEL SLEEP DISORDERS CENTER

13400 North Meridian Street (US31), Entrance #5, Suite 382
Carmel, IN 46032

ST.VINCENT MEDICAL CENTER NORTHEAST SLEEP DISORDERS CENTER

13914 E. State Road 238, Suite 300 (Enter through the Emergency Department)
Fishers, IN 46037

317.338.2152 or 800.972.7869

The Spirit of Caring is alive at St. Vincent, represented by the three doves of our logo, flying proudly in an integrated formation, depicting the three aspects of holistic healing – body, mind and spirit. We strive to deliver to our patients and families extraordinary patient care every day, with the three doves as our guiding symbol.

As a member of Ascension Health and St. Vincent Health, we are called to:

Service of the Poor

Generosity of spirit for persons most in need

Reverence

Respect and compassion for the dignity and diversity of life

Integrity

Inspiring trust through personal leadership

Wisdom

Integrating excellence and stewardship

Creativity

Courageous innovation

Dedication

Affirming the hope and joy of our ministry



St. Vincent

Sleep Disorders Centers