

# The Sleep Center

Smyrna Pulmonary and Sleep Associates, PLLC

13181 Old Nashville Hwy., Suite 150 Smyrna, TN 37167

(615)355-5105

**YOUR SLEEP APPOINTMENT IS ON: \_\_\_\_\_ AT 7:30 P.M.**

Your sleep study will be performed at 13181 Old Nashville Hwy., Suite 150 in Smyrna, TN 37167.

**PLEASE BE ON TIME.** A technician has been scheduled to work on the night of your study.

Please allow a minimum of 24 hours for rescheduling or cancellations.

**ESTIMATED PATIENT COST THAT IS EXPECTED AT THE TIME OF SERVICE IS:**

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Please arrive by 7:30 P.M. on the night of your scheduled study. Once you arrive at the Sleep Center, please ring the doorbell and your technologist will promptly greet you. On the night of your study, if you have any problems finding the Sleep Center or have any questions please call 615-355-5105 or 615-691-1185.

### **What to Expect**

There is absolutely no pain involved for the patient. The Sleep Center is equipped with individual bedrooms with private bathrooms and a TV for your convenience. You will be asked to fill out a few questionnaires and consent forms prior to the technologist preparing you for bed. A host of small wires and electrodes will be attached to the head, chest, legs and face to monitor various parameters throughout the night. Most people don't find any discomfort with the electrodes or wires.

### **What to Bring**

Please bring normal toiletries for an overnight stay. Bring something comfortable to sleep in such as sweat pants, shorts and a t-shirt or normal bedtime attire. If you like you may bring your favorite pillow to sleep with. **MEN**, it is best to be fresh shaven and please sleep in a t-shirt due to the chest belts that will be applied. Most any conservative sleep wear will work.

Please bring all medications that you will need to maintain you through the length of your stay. You may need to list all medications that you will be taking including the dosage and frequency. If you already have a list of your medications please bring it with you.

### **On The Day of Your Study Please Do The Following:**

1. Wash and dry your hair. Do **NOT** use body oils, lotions, hair sprays or gels. **LADIES**, please use a minimum amount of makeup and remove nail polish from your right or left pointer finger. Clear acrylic nails may have to be removed if a signal cannot be retrieved. **MEN**, please have a fresh shave just prior to arriving, if you have a beard please shave all areas with stubble.
2. Please remain awake all day. Please eat before arriving and avoid foods that may make your sleep more difficult.
3. NO Alcoholic beverages will be allowed on the Sleep Center property. Please avoid these on the day of study as well.
4. Bring your insurance cards with you.
5. We request that no family members or guests stay with you during the test. Only in the cases of small children or someone with special needs will this be permitted. Arrangements for Guardians need to be made in advance with SPSA.
6. You will normally be ready to leave the next morning by 5:00-6:00 A.M. This can vary depending on the study conditions. If an earlier wake up is desired please inform your technologist. If someone is picking you up, please have them arrive promptly.