



Mid Michigan Sleep Center

Day of Test Instructions for ALL Patients

PARENTS OF CHILDREN HAVING A SLEEP STUDY:

ONE PARENT OR GUARDIAN MUST STAY OVERNIGHT

with children under 18 years old and during any daytime studies. However if a parent snores or otherwise affects the child's sleeping pattern, he or she will be asked to stay in the waiting area.

ON THE DAY OF THE TEST:

1. Please bring a list of **ALL** medications taken **including dosage and frequency taken**
2. **SHAMPOO YOUR HAIR; DO NOT PUT ANYTHING ON IT (hair sprays, oils, or styling gels).**
3. **SHOWER (DO NOT WEAR MAKE-UP)**
4. **DO NOT** drink any alcohol all day, coffee or other beverages containing caffeine after 5:00 p.m.
5. **DO NOT** take naps.
6. Try to maintain your usual daytime schedule unless otherwise instructed.

WHAT TO BRING WITH YOU:

1. Toiletries, nightgown or pajamas.
2. Bring any prescription medications that you usually take. You will need to be able to administer your medications yourself. If you are insulin dependent and can't give yourself injections, call in advance.
3. Reading materials if desired. There are DVD players in all the rooms.

GENERAL INFORMATION:

1. Sleep tests are **OUTPATIENT** procedures. Therefore, nursing services and medications are not provided.
2. **SMOKING POLICY:** By order of the fire Marshall, **NO SMOKING** is permitted in Mid Michigan Sleep Center.
3. You can expect the sleep study to be completed between 6am and 7am.

WHAT TO EXPECT WHEN YOU ARRIVE:

When you arrive, you will be shown to the sleep recording room. You may have a short wait once you arrive.

There are TVs in all rooms. The televisions have cable and DVD; or you may bring books, magazines, etc. to read.

The sleep technologist will apply several small sensors to your scalp, face and body with tape and an adhesive substance. These sensors will remain in place throughout the recording. The sensors are painless and do not penetrate the skin. During the monitoring, an intercom is available to summon a technologist if you need assistance or if you need to use the bathroom.

INSURANCE INFORMATION

It is the patient's responsibility to obtain ALL referrals for services and to verify with your insurance company if this is a covered benefit under your insurance plan. If your insurance company requires referrals or prior authorizations, (Ex: All HMO's, Health Plus, Blue Care Network, McLaren Health Plan, etc) please call your Primary Care Physician to obtain the referral prior to your appointment.

You can find out if your health insurance will cover the sleep study cost by calling your insurance company and giving them this information:

<u>Procedure</u>	<u>Procedure Code</u>	<u>Diagnosis Code</u>
Polysomnography (PSG)	95810	327.23
CPAP/Retitration	95811	327.23
MSLT	95805	347.01

PARKING

The Mid Michigan Sleep Center entrance is located in the southeast corner of the building. Parking is available near the entrance.

We hope your stay in the Sleep Center will be a pleasant one. Please feel free to offer suggestions to our staff that will help improve our service to you.

Please call the **Mid Michigan Sleep Center**, if you have any questions. (810)953-3600, press 1 to reach a sleep technician.

Thank you,
Mid Michigan Sleep Center Staff