



**Pulmonary and Critical Care Associates
Sleep Diagnostic Center
Patient Information for Sleep Studies**

You are scheduled at the following location:

- Reston** **Leesburg**

- Diagnostic(PSG) Sleep Study_____at 8:30 PM*
- CPAP Titration Study (NPSG with CPAP)_____at 8:30 PM*

*Please do not arrive before your scheduled time of 8:30PM. *Technicians arrive around 8:00PM.
If you have someone picking you up please make sure they arrive between 5:00AM and 5:30AM.*

WE UNDERSTAND THAT UNFORSEEN CIRCUMSTANCES MAY ARISE, HOWEVER DUE TO THE UNIQUE SCHEDULING DIFFICULTIES INVOLVED IN AN OVERNIGHT SLEEP STUDY WE REQUIRE A 48-HOUR NOTICE OF CANCELLATION IN ORDER TO AVOID A \$250.00 CANCELLATION CHARGE.

Dear Patient:

You have been referred to our office for an overnight sleep study. This test will allow us to monitor your sleep and breathing in order to determine which, if any, sleep disorder you may have. This is a non-invasive diagnostic test and we would like to make it as much like a regular night's sleep as possible.

The appointment made for you has been done so in conjunction with your insurance company's requirements. It is important for you and our personnel that you keep your scheduled time. Please contact us **no later than 48 hours prior to your appointment** to reschedule should an emergency arise.

Also, please be advised, that we might have to **call and reschedule your sleep study**. For the safety of the patients as well as our staff, there must always be two studies being performed each evening.

Please read the **Information about sleep apnea and treatment options**. It should answer most of the questions you may have regarding the testing procedures.



Instructions for the Day of Your Test

1. Avoid taking naps if possible.
2. Avoid caffeine after 10:00AM (includes soda, tea, chocolate and coffee) No alcohol before study.
3. Hair and skin should be clean and oil free. Hair should be loose. Please no weaves or braids.
4. Take your usual medications unless otherwise instructed by your physician. If taking a sleep aid, the technologist will advise when to take it. You may want to bring nasal spray if you're coming in for the CPAP titration.
5. Bring comfortable sleeping attire (do not wear silk). Wear loose fitting two piece pajama sets or shorts and a loose fitting t-shirt. Do not wear anything tight around the ankles.
6. **NO OUTSIDE BEDDING! Due to health reasons, we do not allow the use of pillows and blankets from outside the lab.**
7. Please bring your insurance card so we can verify our billing information.
8. Please bring a list of current medications and dosage amount. We have included a medication list for your convenience.

Please be advised that the technician performing your study may be a male. If there is an issue with this, please call the scheduling office at 866-327-3600 to make other arrangements.

How to gain access to the buildings:

Leesburg: 19455 Deerfield Ave., Ste. 206, Leesburg, VA 20176

Please use keypad on the right side of the outside doors and enter the number "206". The sleep tech will buzz you in.

Reston: 1860 Town Center Dr., Ste. 270, Reston, VA 20190

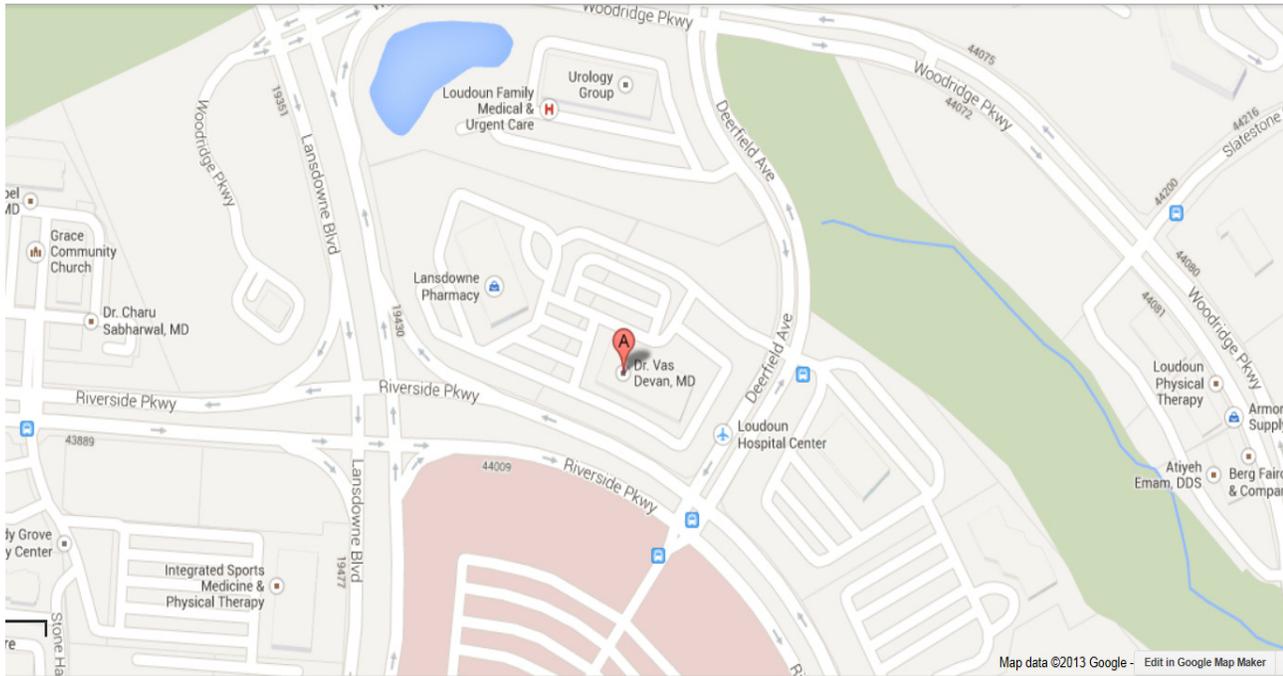
Please do not arrive at the lab before 8:30PM unless you are willing to wait. The sleep tech will come down to the front of the building at 8:30PM to bring patients up to the sleep lab. Do not try to enter from the rear of the building. The sleep tech will wait until 8:45 for any patient who may be running late. If you arrive after 8:45 you must call the sleep tech at 571-490-3640 so the technician can let you in.

19455 Deerfield Avenue
Suite 206
Leesburg, VA 20176
Phone: 703-858-9608
Fax: 703-858-9618



1860 Town Center Drive
Suite 270
Reston, VA 20190
Phone: 703-858-9608
Fax: 703-858-9618

Leesburg: From Route 7 take Lansdowne Blvd. to the light. At the light bear to your right onto Riverside Parkway. Make the first left onto Deerfield Ave. Make your first left into the parking lot. There is a playground in front of the building.

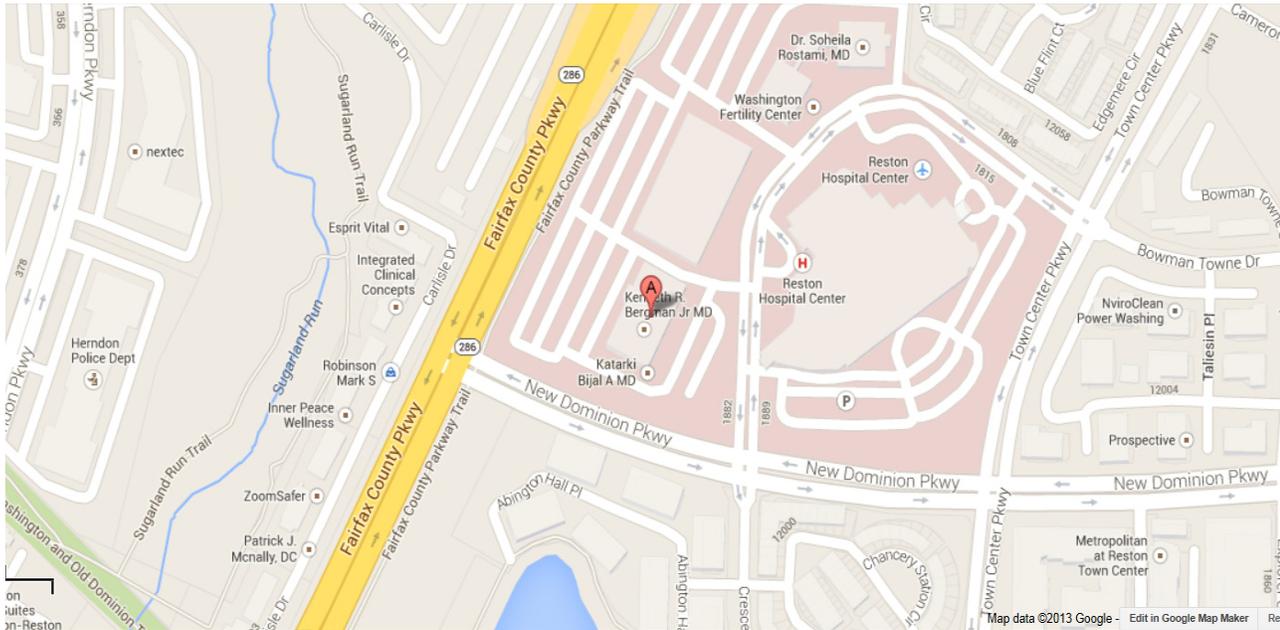


19455 Deerfield Avenue
Suite 206
Leesburg, VA 20176
Phone: 703-858-9608
Fax: 703-858-9618



1860 Town Center Drive
Suite 270
Reston, VA 20190
Phone: 703-858-9608
Fax: 703-858-9618

Reston: The lab is located on the campus of Reston Hospital





Patient Rights and Responsibilities

Pulmonary and Critical Care Associates Medical Staff have adopted the following list of patient rights and responsibilities. This list shall include, but is not limited to, the following:

Patient Rights:

- You have the right to considerate and respectful treatment
- You have the right to receive treatment without discrimination as to race, religion, sex, national origin, or source of payment.
- You have the right to privacy and confidentiality of all records pertaining to your treatment, except as otherwise provided by law or third party contact. You may approve or not approve the release of medical information.
- You have the right to ask questions and to an understandable explanation of the diagnostic or treatment component.
- You have the right to be fully informed of what services are available, as well as the fees for all services.
- You have the right to participate in decisions regarding your treatment and to be fully informed of the benefits and risks associated with any treatment component.
- You have the right to refuse any diagnostic procedures and treatment and to the extent permitted by law and to be informed of the risks associated with refusing to be treated.
- You have the right to express complaints and concerns at any time.
- You have the right to change your medical provider at any time.
- You have the right to express those spiritual beliefs or cultural practices that do not harm others or interfere with medical procedures.
- You have the right to seek assistance (interpreter, wheelchair, etc.) during your visit. (Please make any special arrangements when scheduling your sleep study).

Patient Responsibilities:

- You have the responsibility to keep your appointments, be on time, and when unable to do so, provide 48 hour notice to reschedule or cancel.
- You have the responsibility of being considerate of other patients and staff.
- You have the responsibility of respecting the property of others.
- You have the responsibility of letting your medical care provider know when you do not understand what is being told to you with regards to your treatment or illness.
- You have the responsibility of reporting any changes in your address, telephone number and financial status.
- You have the responsibility of obtaining previous medical records when requested.
- You have the responsibility of providing accurate information on the medical history questionnaire.
- You have the responsibility of doing what you and your healthcare provider have agreed upon with regards to treatment. You must understand that if you do not do so, then you will be responsible for the outcome.
- You have the responsibility to be honest with personnel.



A Night in the Sleep Lab

The architecture of sleep - that is, the distribution of sleep stages - is revealed through sleep studies. Excessive sleepiness, insomnia, disturbing physical events (such as breathing and muscle problems), and even depression, can be diagnosed with such testing.

You are not alone with your problems. Millions of Americans – in fact, more than 100 million – are poor sleepers. The good news is that sleep disorders can be diagnosed accurately and managed effectively. If you have been scheduled to spend a night, or a series of nights, in a sleep lab, relax! Results obtained from patients around the country have shown that a positive difference in sleep can be achieved in approximately 80% of patients following sleep lab studies and appropriate treatment by sleep specialists. Most likely, you will be scheduled to undergo a Polysomnogram, a complex test that evaluates the quality and quantity of sleep stages. Continuous recordings of brain waves, heart and lung function, eye movement, leg movement, chin, chest and actual airflow changes are made. EKG and oxygen levels are also recorded.

The sleep lab environment is safe and conducive to sleep. It is dark, quiet, and pleasing, with a controlled, comfortable temperature.

HOW TO PREPARE FOR THE SLEEP LAB

Most importantly, maintain your normal daily schedule, and avoid starting a new diet or exercise program until after the sleep study. Be sure to tell the sleep center personnel about any medications you are taking. Generally, patients do not need to discontinue other medications, but the sleep lab personnel should know about them, nevertheless. Prior to arriving, shampoo your hair and do not apply oils or conditioners, as they may interfere with establishing good electrode contacts. Remove acrylic fingernails and any fingernail polish from your right index finger. If you are to report for a sleep study at 9:00 PM, eat your evening meal at least 1 to 1.5 hours before arriving. Avoid caffeine containing foods, including coffee, tea, cola, and chocolate during each day of the scheduled study. Also, avoid alcoholic beverages. And do not take naps during the day. Bring your regular, comfortable nightclothes (no gowns please), a robe and slippers.

HOW IS THE POLYSOMNOGRAM PERFORMED?

A specially trained technician will conduct the evaluation. After you are dressed for sleep, the technician will apply approximately 20 small, lightweight electrodes – with a thick paste – to your scalp and skin. You may feel a slight tingling sensation where the skin is cleaned, but that's all. Once you are in bed, the technician will apply an oxygen sensor to your finger and straps around your chest and stomach to help measure your breathing and how your sleep is being disrupted. The wires attached to the monitors are plugged into a box and then into a cable making it easy to disconnect, should you need to get out of the bed during the night to use the bathroom. All that is required is to disconnect the cable. The technician will be in an adjacent room monitoring your sleep. You will be observed by both camera and intercom should you need anything.

HOW LONG WILL THE MONITORING LAST?

An overnight sleep study usually ends around 5:00AM to 6:00AM the following morning. If a “nap study” or Multiple Sleep Latency Test is requested, it follows the overnight study and ends around 4:30 PM.

WHEN ARE THE RESULTS KNOWN?

A tremendous volume of sleep information is collected on paper and in the computer. A lab technician scores all of the data. Then, the sleep study, your sleep history, physical examination, observation notes from the technicians, and any other testing you may have had performed will be forwarded to the Sleep Specialist. Careful interpretation of all results is then undertaken, and this leads to a diagnosis of the sleep problem, as well as recommendations for treatment. The final report should be completed in three to five days. You will probably have a follow-up visit with your referring physician and/or the Sleep Specialist to discuss the results and appropriate treatment options. If you have any questions, do not hesitate to ask. The sleep lab personnel are ready to help you understand and make you comfortable during your stay in the sleep lab.



Frequently Asked Questions

During a sleep center evaluation, what time will I get up?

A typical sleep study concludes between 5:00AM and 6:00AM.

How do I go to the Bathroom?

Bathrooms are conveniently located to the testing rooms. The technician is there to assist you if necessary.

When do I take my nightly medication?

You should bring all medications you usually take at night with you and take as ordered by your physician.

When do I get my results?

Results are sent to the referring physician within 5 -7 days.

Can a family member stay with me?

This is a medical procedure and therefore it will be necessary for you to sleep alone. A family member may accompany the patient in the event that the patient is a minor or if the patient has special needs. It is recommended that this is noted at the time the study is scheduled, so that proper arrangements can be made for their comfort.

Will I have to sleep on my back?

It will be necessary to be in the supine position during some of the testing. It is not a requirement for the entire study.

Does insurance pay for my studies?

The sleep studies and follow up treatments are covered by most major insurances and by Medicare. This information will be reviewed with you and the financial responsibilities that are not covered by insurance or Medicare will be reviewed. Arrangements for payments can be made on an as needed basis.

What is a NPSG?

Nocturnal Polysomnography- or sleep study. This test is considered the "Gold Standard" in diagnosis of sleeping disorders. The NPSGT measures EEG (Brain Waves) EOG (eye movement) EMG (Muscle Movement), Respiratory Airflow, Respiratory Effort, Oxygen Saturation, Snoring, EKG (Heart Activity), Arm and Leg Movement and body position. This information is collected for 6-8 hours and is analyzed to note any patterns or behaviors that are impacting sleep.

What is a MSLT?

Multiple Sleep Latency Test. This determines how fast you fall asleep in the dark. The test consists of a series of 20 minute naps in 2 hour intervals throughout the day.

What is a CPAP?

Once the NPSGT is reviewed by a qualified physician and Sleep Disordered Breathing or Sleep Apnea is identified, treatment for this condition utilizes a device that supplies Continuous Positive Airway Pressure or CPAP. In order for this to be effective a second sleep study wearing the device is necessary to obtain the optimal settings, masks and effectiveness of the procedure. This test is just like the NPSGT with the addition of the CPAP unit.

If I need to postpone my study, do I need to cancel 24 hours in advance?

You need to cancel and reschedule as soon as it is convenient for you. This is a medical procedure that may have severe medical consequences if not completed timely and properly. If the study must be cancelled, please do so as soon as possible. Since sleep studies are an overnight procedure another patient cannot be put in your place if you fail to cancel in a timely manner. There is a no-show fee assessed for failure to cancel the sleep study.