

**COX REGIONAL SLEEP DISORDERS CENTER**  
**(Located at the corner of Primrose & National)**  
**Wheeler Heart & Vascular Building**  
**3800 S. NATIONAL**  
**SUITE LL-150**  
**417-269-5575**

**Patients Name:** \_\_\_\_\_ **Date of Study:** \_\_\_\_\_

**PLEASE READ THE FOLLOWING INFORMATION AS IT IS VERY IMPORTANT TO YOU!**

Please check with your insurance to see what Durable Medical Equipment Company they want you to use if you should need treatment for sleep apnea during this study.

**THINGS TO REMEMBER**

- 3 nights prior to your study try to get at least 8 hours or more of sleep each night.
- The day of your study do not take a nap; try to keep busy.
- The day of your study, please limit your caffeine intake; also no consumption of caffeine products after 12 noon (coffee, soda, tea & chocolate).
- The day prior to your sleep study, the Sleep Disorders Center secretary will call to confirm and pre-register you for your sleep study. You may show up anytime between 7:30 p.m. and 8:00 p.m. the night of your appointment. **Please do not come before 7:00 p.m.** as that is the time the sleep technicians arrive and your paperwork cannot be done until then. Please enter through the front doors of the building as the back doors under the garage are locked at this time. **Due to limited seating in our waiting room, we ask that you please only bring yourself and, if necessary, one other person at the time of your registration.**
- Shower, wash your hair and refrain from using any hair care products. If you normally shave, then please do so the day of your test, since electrodes will be attached to your face.
- Please be aware that during your study you will **not** be allowed to have the following turned on: pagers, personal phones or watches as they interfere with the test results. If a phone or pager must be brought with you, then it must be turned off during testing.
- Televisions or radios in the rooms will be turned **OFF** once the placement of the electrodes are completed and testing is ready to begin, **NO EXCEPTIONS.** (At the latest 10:30pm)
- White noise generators are allowed and fans may be provided upon request.

**PLEASE BRING WITH YOU**

- Your insurance card(s) and a valid picture ID (driver's license, military ID, etc.).
- Your sleep diary filled out for the week prior to your scheduled sleep study.
- Personal items: comb/hairbrush, toothpaste/toothbrush, shaving kit, etc.
- Clothes that you're comfortable sleeping in (two-piece preferably).
- Any medication that you'll need during your stay here at the sleep center.
- **DO NOT** bring valuables.

**If you are feeling sick and/or running a fever the day of your study, please call the Sleep Disorders Center so we can get your appointment rescheduled. Thank you!**

**FYI**  
(for your information)

If you are started on a **CPAP, BIPAP, or Oxygen** the night of your sleep study, you will leave knowing without a doubt that you have sleep or a sleep related disorder.

The sleep lab will order this machine according to the Durable Medical Equipment Company (DME) that you chose. That company will set you up with the machine, according to the guidelines dictated by your insurance.

When the office receives a copy of the sleep study, they will send you a letter letting you know that they have the results and when to call to schedule an appointment to see \_\_\_\_\_, back in his office at Ferrell-Duncan Clinic.

**OR**

If you are not started on a CPAP, BIPAP, or Oxygen the night of your sleep study, keep in mind that this **DOES NOT** mean that you don't have sleep apnea, this just might mean that you didn't fit in the guidelines for the technicians to do anything. In this case, when the nurse receives a copy of the sleep study, she will call you instead of sending you a letter in the mail.

If you have any questions, please feel free to contact our office at 417-875-2727, Monday-Friday 8:00 a.m. to 5:00 pm.