

COX REGIONAL SLEEP DISORDERS CENTER

(Located at the corner of National and Primrose)

3800 South National

Wheeler Heart & Vascular Center - Suite LL-150

417-269-5575

Please be at the Sleep Center registration area (Lower level next to Registration) between 7:00pm and 7:30pm to check in for your study. Please pre-register by calling 417-269-4277 or go online @ www.coxhealth.com and click CoxHealth Express. You may need to create an account.

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.
- The day of your study, **DO NOT** consume caffeine products after 12 noon (This includes coffee, tea, soda and chocolate).
- The **DAY OF BEFORE YOUR STUDY**, the Sleep Disorders Center Secretary will call to remind you of your appointment. You will be released the following morning at 7:00 a.m. unless your doctor told you differently.
- Please enter through the front doors of the building (off of Primrose) as the back doors under the garage are locked at this time.
- Shower, wash your hair and refrain from using any hair care products such as mousse, gel, and hairspray. You can condition your hair if you'd like. If you normally shave, then please do so the day of your test, since electrodes will be attached to your face. You **DO NOT** need to shave off your beard or mustache.
- Please be aware that during your study you will not be allowed to have the following items with you in your room: pagers, personal phones or watches as they interfere with the test results. If a phone or pager must be brought with you, then the technician in charge of your testing will be more than happy to keep it in the observation room in case of emergencies.
- 1 Parent or guardian is required to stay with Pediatric Patients (under age 18) unless Physician orders dictates otherwise.

PLEASE BRING WITH YOU

- Your **insurance card(s)** and **driver's license** or some other picture ID.
- Your **sleep diary** filled out for the week prior to your scheduled sleep study.
- Any **personal toiletry items** that you may need.
- Loose fitting **nightclothes**.
- **Medications** you may require (in their original containers).

If you're feeling sick or are running a fever the day of your study, please call the Sleep Disorders Center at 417-269-5575 to be 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. If you do not choose a DME company the Sleep Lab will send your orders to Cox Home Support. 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 your doctor back in the 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.