

This letter is to confirm your appointment in the Johns Hopkins Sleep Laboratory at the Bayview Medical Center located on the 4th floor of the Asthma and Allergy Building. Please see the attached appointment notice for your scheduled date and time of testing. Report to the guard's desk on the 2nd floor. You will then be directed to check in at the kiosk on the 4th floor just outside of the sleep lab where your technician will greet you.

### PREPARING FOR THE STUDY

- You **CANNOT HAVE ANY CAFFEINE OR ALCOHOL** for the twenty-four (24) hours prior to your testing date listed on the attached appointment notice.
- Please eat dinner before you come to the Laboratory, as there is no food service that night. If you are staying with us through the next day, breakfast and lunch will be served to you in your room.
- Try to maintain your usual sleep schedule the day before the study—do not take extra naps during the day.
- **CAUTION: About Hair and Nails** – It is advised to delay any major hair styling or treatments (e.g. highlights, perms, etc.) for 72 hours prior to the sleep study. Please avoid application of greasy/oily products to the hair or scalp at least 2 days prior to the scheduled sleep study. These pose some difficulty in wiring and electrode application. Otherwise, this results in study cancellations/suboptimal study quality.
- Consider bringing a hat/cap to wear the following morning if you do not want to take advantage of the shower facilities.
- Please avoid wearing nail polish or acrylics on at least one finger. You may need to remove it in order to obtain an optimal oxygen reading.

### WHAT TO BRING

Please bring with you the following items:

- Your usual bed clothes (preferably two piece pajamas)
- Change of clothes for the next day
- Something to read or work on while awake during the test time
- Any medications you are currently taking and will need to take during the test time. Please note we cannot give out any medications from the sleep lab. So if you are taking any medications, including over-the-counter, you must bring your own.
- List of any medications you are now using (on the enclosed sheet) the night of your appointment. Do not discontinue any medications, however, without first consulting your physician. Also bring a list of any medications used within the last two weeks. This list will be reviewed during your follow-up visit.
- Toiletries, if you wish to shower before you leave (we provide towels)
- Your insurance referral, insurance card, and picture ID

### INSURANCE

If your insurance requires a referral it is your responsibility to obtain it and bring it with you on the night of your test or you may have your primary care doctor fax or mail it to us. For patients covered by Medicare: You should call Medicare to find out what your total coverage will be. All patients will be responsible for that portion which is not covered by their insurance, where applicable.

**PLEASE NOTE:** You will be receiving two separate bills for your visit – one from the hospital and one from the provider. For questions regarding the hospital portion of your bill, please contact 443-997-3370. For questions regarding the physician portion of your bill, please contact 410-933-1200. We will be glad to assist you in any way we can. We will attempt to make the test as comfortable and convenient for you as possible.

**CANCELLATIONS FOR OVERNIGHT TESTING MUST BE MADE 48 HOURS IN ADVANCE OF YOUR SCHEDULED APPOINTMENT.** If a cancellation is not made 48 hours in advance, we will require a \$200 deposit before rescheduling another appointment.

### IN CASE OF INCLEMENT WEATHER

Please call the Johns Hopkins Weather Line at 410-516-7781. If Johns Hopkins University is closed, the Sleep Lab will also be closed.

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## REMINDERS

**Please bring the following items:**



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| <input type="checkbox"/> insurance card and picture ID      | <input type="checkbox"/> change of clothes for the next day                                |
| <input type="checkbox"/> insurance referral                 | <input type="checkbox"/> anything else that will help you sleep more comfortably           |
| <input type="checkbox"/> personal toiletry items            | <input type="checkbox"/> bring any completed questionnaires that you received in the mail. |
| <input type="checkbox"/> medications you need for the night |  |
| <input type="checkbox"/> a list of all your medications     |  |
| <input type="checkbox"/> bed clothes                        |  |

Please do not drink any alcohol or have any caffeine for 24 hours prior to your sleep study.

Please eat dinner before your visit. Dinner will not be provided.

## **SLEEP STUDY INFORMATION FOR OUR PATIENTS – FREQUENTLY ASKED QUESTIONS**

**PLEASE NOTE:** If you need to contact a Sleep Lab technician or a patient spending the night in the Sleep Lab, you may call 410-550-2534 after 9 p.m.

You have been scheduled for an all night sleep study. Since sleep studies are a relatively new diagnostic procedure in the new medical specialty of sleep disorders, you may have many questions that have not yet been answered. The following are answers to the most commonly asked questions.

### **What is done during the sleep study?**

A sleep study records your sleep—usually during the night. It is similar to a brain wave recording with signals from many body sensors being recorded all at the same time on a running sheet of paper. It differs from a brain wave (EEG) since the body sensors measure more than brain activity. For example, the record may include heartbeats or eye movements. Our typical sleep study has a minimum of eight and a maximum of 16 different signals from different body sensors each recorded on a different line.

### **Why record all these things?**

During sleep your body functions vary differently than when you are awake; therefore, problems can develop associated principally with sleep. Specific disorders that affect your muscles, heart, breathing and sleep in general may only occur during sleep. Thus, it is necessary to examine these functions during the different phases of sleep.

### **What types of things do you usually record for a sleep study?**

What is recorded depends upon your presenting problem, but we usually record the following:

1. Brain waves (EEG) – electrodes on the head
2. Heartbeats (EKG) – electrodes on the chest
3. Eye movements – electrodes near the eyes
4. Chin movements – electrodes on the chin
5. Leg movements – electrodes on the legs
6. Breathing (airflow through the mouth and nose) – thermistor and cannula worn during sleep
7. Breathing effort (movement of chest and stomach) – determined by small elastic gauges placed around the chest or a pressure device swallowed into your esophagus (tube to stomach)
8. Blood oxygen saturation – based on measures from a device worn on the finger
9. Video monitoring of activity and movements during sleep

Other body functions may be recorded to answer special questions, such as problems with intracranial pressure, night chest pains, etc.

### **How can I sleep with these recording devices?**

Most people sleep very well. The body sensors are applied so you can turn around and move in your sleep. Our staff is specially trained to make you as comfortable as possible, and despite your initial impression, it is not as bad as it sounds. In fact, some individuals report that they sleep better in our lab wearing our body sensors than in their home. We strive to make you comfortable; and if you have any special requests, please let us know at least one week in advance so we may accommodate you.

### **Will I be given a drug to help me sleep?**

No. You will not need one. In fact, we prefer that you be off drugs affecting sleep for at least seven days before coming for the test. (Some drugs we will ask you to discontinue for longer periods of time before the test). Please do not, however, change any of your medications without first consulting your physician.

### **What happens after the sleep study?**

The sleep study, which includes approximately 8 hours of data, is analyzed and "scored". This includes measurement of the different stages of sleep, counting respiratory, heart and muscular events and entering data into a computer for final preparation of a report. This process takes four to six hours, and all records are reviewed by a physician in order to confirm a specific diagnosis. Therefore, in general a completed final, typed report is available two weeks after the study. These typed reports are automatically sent to your referring physician or other designated individual.

### **Is this covered by insurance?**

Generally yes; however, we cannot speak for individual policies. Some insurance policies cover this only on the major medical portion of insurance which means you may have to pay some of the cost. You will be expected to cover payments not covered by your insurance. We will be pleased to assist you as much as possible in determining how much your policy covers; however, we have invariably found that it is best if you directly contact your own insurance carrier in order to avoid any misunderstanding. Your insurance carrier will need to know that you will be an outpatient and the name of the diagnostic test that you will be receiving is a polysomnogram.

### **Who will be at the sleep lab at the time of the sleep study?**

You will be met at the Sleep Lab by one of our specially trained technologists. Our staff is not only trained to obtain adequate records, but they will also attempt to make your stay in the lab as pleasant as possible. Our bedrooms are designed to facilitate the home atmosphere, and our staff will be pleased to help you in any way they can.

### **Follow-up**

In general, we like to schedule a follow-up session to review the findings of the sleep study and answer specific questions you may have. If this is not possible or not desired, you may contact your referring physician who will be sent a copy of this report.