Welcome to Samaritan Sleep Services



Thank you for scheduling a sleep study with us. The results will help your provider determine a diagnosis then design a treatment plan to get you on the road to a better night's sleep.

You are scheduled for a sleep study/lab tour.

Date/Time: _____

Location:

- ☐ **Samaritan Sleep Center – North Albany**
  534 Pleasant View Way NW, Suite 400 | Albany
  541-812-5040
- ☐ **Samaritan Sleep Center – South Albany**
  950 29th Ave. SW | Albany
  541-812-5040

Arrival time for your sleep study

- For an overnight sleep study, please arrive at your designated Samaritan Sleep Center by 7:30 p.m.
- For a daytime sleep study, please arrive at your designated Samaritan Sleep Center by 7:30 a.m.
- Please call us if you are running late:

  Samaritan Sleep Center – North Albany: 541-812-5471
  Samaritan Sleep Center – South Albany: 541-812-5044

Before your sleep study

You will receive two calls a few days before your appointment. One will be from the hospital to confirm your health insurance and health care provider information. The second one will be an automated appointment confirmation call.

We must confirm you are coming to your appointment.

If the appointment is not confirmed before 1 p.m. on the date of your appointment, the time will be given to a patient on the waiting list.

Important things to know:

- If you have been prescribed sleep aids, remember to pick them up from the pharmacy a few days before your study.
- If you use physical assistance at home, please arrange to bring your support person with you for the sleep study.
- Only service dogs are allowed in our center. No other pets are allowed.

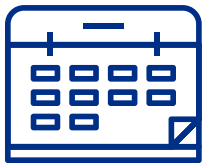
For your safety, if you are experiencing excessive daytime or evening sleepiness before your typical bedtime, please have someone drive you to and from your appointment, especially if you are traveling from out of town. Call the sleep center for information about overnight accommodations for your driver.







The day of your sleep study



When you arrive

After you arrive at the sleep center, you will get ready for bed as you normally do. A sleep technologist will spend about an hour applying sleep sensors for testing. These sensors record brain, nervous system and muscle activity, and will continuously measure your breathing and cardiovascular functions. The technologist will use tape to attach most sensors to your skin. A safe medical glue will be used to attach electrodes to your scalp. Your technologist will answer any questions you have. You may bring a DVD of your choice or watch cable TV during the time your technologist is preparing you for the sleep study.

While you sleep

After "lights out," the technologist will record your entire night's sleep on a sleep analysis computer. Though your room will be quiet and dark, the technologist can observe you on a closed-circuit infrared video monitor from the nearby control room. You will be allowed to sleep without disturbance. If you need to use the bathroom during the night, the technologist can quickly disconnect your input box. Despite the initial strangeness, patients usually adjust quickly and experience a typical night of sleep.

The next morning

Your nighttime sleep study will typically end between 5 and 6 a.m. unless your sleep practitioner has given other instructions. After the technologist disconnects your sensors, you will shower and dress in a private bathroom. The technologist will remove all tape and glue before you shower. Shampoo is provided to wash your hair.

You should be cleaned up, packed and ready to leave no later than 7 a.m. If you need to leave earlier than that time, please tell your sleep technologist.

Sleep study preparation



Please follow this guidance for the best test results.

On the day of your nighttime study:

- Be out of bed by 7 a.m.
- Shower and wash your hair to improve the quality of electrode connections to your scalp and body.
- Do not use hair products after washing.
- Do not apply makeup or lotion to your face or legs.
- Men should shave their face to remove stubble. Established full beards are fine.
- Remove any nail polish from your index finger on each hand.
- Do not nap during the day.
- Do not drink alcohol or caffeine in the afternoon.
- Eat your normal evening meal before arriving at the center.

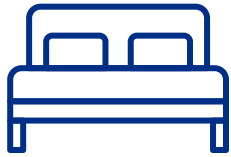
Things to bring from home:

- Any medications you usually take in the evening or the next morning, including prescribed sleep medication. It will not be provided at the sleep center.
- Flannel or cotton pajamas with a top and bottom or gym shorts and a T-shirt.
- A pillow from home if it will help you sleep better.
- If you require food at bedtime or during the night, non-refrigerated snacks.

Special considerations:

- If you become ill (cold symptoms, upset stomach, etc.), call our office during the day so we can reschedule your appointment.
- Our facility is tobacco-free. Tobacco users will need to manage their need for tobacco while at the sleep lab.
- Free Wi-Fi access is available for patients and visitors.

Sleep study descriptions



☐ Overnight and daytime sleep study

It is important to record an entire seven to eight hours of sleep/wake activity, regardless of total sleep. This is especially true for patients who experience difficulty sustaining sleep throughout the night or who usually sleep less than seven hours.

Plan to stay in the sleep center for the entire time, regardless of sleep quality. If you are being referred for a sleep apnea evaluation, you will be shown an educational video about sleep apnea and CPAP therapy, a treatment that uses slightly pressurized air to help keep the airway open.

If severe sleep apnea is documented during the first half of your sleep study, the technologist may start you on a CPAP. This will identify the best pressure settings to eliminate the apneas throughout the remainder of the study.

☐ CPAP titration study

A titration study helps to find the right amount of air pressure for your home CPAP system. Follow the preparation instructions in this brochure, including confirming your appointment.

When you arrive, the technologist will hook you up for the overnight sleep recording and assist you with the sleep center CPAP system. Identifying optimal CPAP settings will maximize the effectiveness and comfort during subsequent home use. Patients often show improvement in their breathing and feel more refreshed after the first night. If the study shows clear improvements in your breathing and sleep quality, your sleep practitioner may recommend you use a CPAP at home. Your practitioner will help you select a home medical equipment company covered by your health insurance and make arrangements to get your CPAP system.

If you have not been contacted about the CPAP equipment within two weeks after your sleep study, please call your sleep specialist's office for further assistance.

☐ Multiple Sleep Latency Test (MSLT)

Some patients will be scheduled for an MSLT during the day following their overnight sleep study. This requires your sleep activity to be recorded during four to five nap periods scheduled at 90- to 120-minute intervals. During nap times you go back to bed and are recorded with the lights turned off. The nap data is evaluated to score how frequently and quickly you fall asleep, what times of day you are most sleepy and the types of sleep seen in daytime naps. You must stay awake between naps and may bring a book, DVDs of your choice or work materials to pass the time between naps.

As with a nighttime sleep study, electrodes will be glued to your scalp so you will need to shower and shampoo your hair afterward. You will be discharged between 4 and 5 p.m.

☐ Pediatric sleep study

Patients age 12 and under are required to attend a pre-study orientation, along with their parent(s). The orientation is important for a successful pediatric sleep study night. Failure to keep the orientation visit will result in the sleep study being rescheduled to a later date to allow rescheduling of the orientation visit.

Pre-study visit date, time and location:

_____

_____

On the day of your child's sleep study, please ensure your child follows the preparation instructions listed in this brochure. Parents will be provided with a single hide-a-bed couch in their child's room during the sleep study.





File a complaint if you feel your rights are violated

If you feel we have violated your rights you can file a complaint with Samaritan Health Services in one of the following ways:

- Mail a letter to the Privacy Officer at 3600 NW Samaritan Drive, Corvallis OR 97330.
- Submit an email to samhealth.org/Contact-Us.
- Call the Privacy Officer at 541-768-6218.
- Send an email to the Privacy Officer at privacy@samhealth.org.

You can file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights:

- Mail a letter to 200 Independence Ave. SW, Washington, D.C. 20201.
- Call 877-696-6775.
- Visit hhs.gov/ocr/privacy/hipaa/complaints.

You may also contact the Accreditation Commission for Health Care by calling 855-937-2242.

Thank you for taking time to make a comment or ask a question.
We will not retaliate against you for filing a complaint.

Samaritan
Albany General
Hospital

samhealth.org/Sleep

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