

Your sleep study

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

- Samaritan Pacific Sleep Lab
930 SW Abbey St.
Newport • 541-812-5040



Welcome

Thank you for scheduling a sleep study with Samaritan Sleep Services. Our sleep specialists will perform a sleep study on you to determine a diagnosis and work with your health care provider on a treatment plan that will get you on the road to a better night's sleep.



Sleep center locations



Samaritan Sleep Center – North Albany

534 Pleasant View Way NW, Suite 400

Albany • 541-812-5040

We are located at Samaritan Medical Plaza, on the north side of Hickory Street between North Albany Road and Springhill Drive.



Samaritan Sleep Center – South Albany

950 29th Ave. SW

Albany • 541-812-5040

We are located on the corner of Pacific Boulevard and 29th Avenue, across the street from Central Willamette Credit Union.



Samaritan Pacific Sleep Lab

930 SW Abbey Street

Newport • 541-812-5040

We are located in Samaritan Pacific Communities Hospital.

Arrival time for your sleep study



- For overnight sleep studies, please arrive at your designated Samaritan Sleep Center by 7:30 p.m.
- If you are scheduled for a daytime sleep study, please check in at the front desk by 7:30 a.m.
- If you are running late, please call your sleep study location:
 - Samaritan Sleep Center – North Albany: 541-812-5471
 - Samaritan Sleep Center – South Albany: 541-812-5044
 - Samaritan Pacific Sleep Lab: 541-574-3551

Before your sleep study

You will receive two calls related to your sleep study a few days before your appointment. One call will be from the hospital admitting department to confirm your current health plan and health care provider information. The second one will be an automated appointment confirmation call.

We must be able to confirm you are coming to your appointment.

If we leave a telephone message seeking to confirm your appointment, please call us to confirm that you will keep your appointment.

Due to the high demand for overnight sleep studies if we cannot get a phone confirmation from you before 1 p.m. on the date of your appointment, we will give the appointment to another patient on the waiting list.

Sleep study instructions

Important items to know before your sleep study:

- **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 prior to your typical bedtime, we recommend you arrange for someone to drive you to and from your sleep study appointment, especially if you are traveling from out of town. Please call the sleep center for more information on arranging overnight accommodations for an out-of-town 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 then spend about an hour applying the sleep sensors you will wear for testing. These sensors record brain, nervous system and muscle activity, as well as continuous measurements of 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. All tape and glue will be removed at the end of the test. 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.

Samaritan Sleep Services

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 be able to shower and dress in your private bathroom. The technologist will remove all the glue from your hair before you shower. Shampoo is provided to wash any residue from your hair.

Your sleep practitioner will schedule a follow-up appointment with you to discuss the results of your study.

You will be ready to go home between 6 and 7 a.m. If you need to leave earlier than 7 a.m., please tell your sleep technologist. Friday night patients need to be ready to leave by 7 a.m. on Saturday morning, so please plan ahead if a ride is needed.



Sleep study instructions

Sleep study preparation



- On the day of your sleep study appointment, please be out of bed by 7 a.m.
- Do not nap during the day.
- Do not drink alcohol or caffeine in the afternoon.
- Shower and wash your hair during the day to improve the quality of EEG and EMG 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.
- **Bring any medications you need to take for the evening of your sleep study and morning following your sleep study, including prescribed sleep medication. It will not be provided at the sleep center. If you are a diabetic, remember to bring your insulin.**
- Bring flannel or cotton pajamas with a top and bottom or gym shorts and a T-shirt.
- Bring the pillow you like from home if it will help you sleep better.
- Eat your normal evening meal before arriving at the center.
- If you require food at bedtime or during the night, bring non-refrigerated snacks.
- If you become ill (cold symptoms, upset stomach, etc.), call our office during the day so we can reschedule your appointment for a few days later.
- Our facility is tobacco-free. Tobacco users will need to find a way 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 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.



Please 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 initial half of your sleep study, the technician may start you on a CPAP to identify the best pressure settings to eliminate the apneas throughout the remainder of the study.

□ Daytime sleep study

If you're scheduled for a Multiple Sleep Latency Test, please plan to remain in the sleep lab the next day for this series of daytime nap studies to further evaluate your daytime sleepiness. If this is needed, your sleep practitioner will discuss this option with you during your consultation. See the section on MSLT for more information.

Sleep study descriptions

□ CPAP titration study

A titration study may be needed to find the right amount of air pressure for your CPAP system. If you need to return for a CPAP titration study, please follow the preparation instructions in this brochure, including confirming your appointment.

When you arrive, the technician will hook you up for the overnight sleep recording and assist you with the sleep center CPAP system used to evaluate various CPAP settings. Identifying the optimal CPAP settings for each patient will maximize the effectiveness and comfort during subsequent home use. CPAP use will also eliminate your snoring. Patients often show improvement in their breathing and feel more refreshed after just the first night. If the titration study shows clear improvements in your breathing and sleep quality, your sleep practitioner will recommend you try a CPAP at home. They will also 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. The MSLT requires your sleep activity to be recorded during four to five nap periods scheduled at 90- to 120-minute intervals. During nap times patients 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

A pre-study visit for orientation of the child and parent(s) to the pediatric sleep study process is required for patients age 12 and under. The orientation is important for ensuring a successful pediatric sleep study night. Failure to keep the orientation visit will result in the sleep study night 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 by sending a letter to the Privacy Officer at 3600 NW Samaritan Drive, Corvallis OR 97330, submitting a comment or question at samhealth.org/Contact-Us or contacting our Privacy Officer directly by calling 541-768-6218 or emailing privacy@samhealth.org. Thank you for taking time to make a comment or ask a question.

You can file a complaint with the U.S. Department of Health and Human Services Office for Civil Rights by sending a letter to 200 Independence Ave. SW, Washington, D.C. 20201, calling 877-696-6775 or visiting hhs.gov/ocr/privacy/hipaa/complaints.

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

We will not retaliate against you for filing a complaint.



Samaritan
Health Services

samhealth.org/Sleep

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