




NORTH VALLEY HOSPITAL

Growing Healthcare
Close to Home

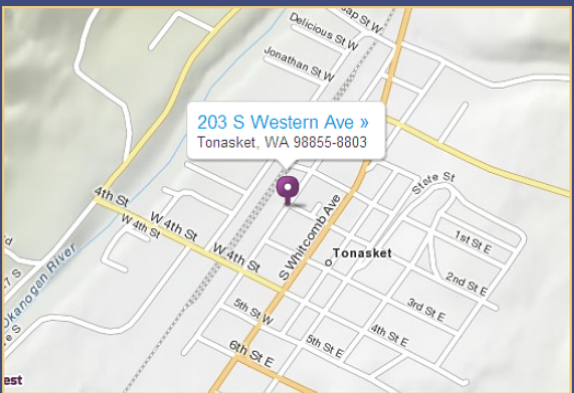


Name:

Appointment Date & Time:

" Our mission is to provide patient care and education that enhances the well-being of our communities. "

Sleep Lab



P A T I E N T G U I D E

North Valley Hospital
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N V H O S P I T A L . O R G

YOUR SLEEP STUDY

A sleep study is a procedure which involves sleeping overnight in comfortable surroundings at our brand new Sleep Lab, here in Tonasket. During the study, you may have several types of monitors attached to you. These monitors will give us information about your sleep patterns and allow us to diagnose several types of sleep disorders. A technologist will monitor your sleep through the night. Depending on results or the request of your provider, you may need to stay an additional night for further study.

SLEEP LAB ROOM AMENITIES



SLEEP STUDY FOLLOW-UP

Based upon the preliminary results of your test, you will be referred for one of the following:

- Positive Airway Pressure (PAP) treatment set-up visit with a home medical equipment provider **-OR-**
- Additional sleep study testing to determine an effective PAP treatment setting **-OR-**
- Office visit with the provider that ordered your sleep test (or other care team provider) to discuss the final results and treatment plan.

Your sleep technologist **will not** be able to discuss detailed information in regards to your sleep study. Your study must be interpreted by a Board Certified Sleep Specialist (physician) before the final results are available.

Your room at the Sleep Lab will consist of a comfortable, pillow top bed with cozy sheets as well as a spacious full bathroom. In addition, you are equipped with wireless internet access, flat screen TV, and additional seating.

For any breakfast needs you may have, we do have a full service coffee stand (Drip Line) in the main lobby of the hospital. You will find breakfast sandwiches, donuts, fruit and many other items. Our Drip Line is open at 7 A.M.

TO CANCEL OR RESCHEDULE

- If you need to cancel your appointment, please call the Sleep Lab **as soon as possible**. A cancellation fee may apply if you do not cancel within at least 48 hours prior to your study.
- If you are not at the Sleep Lab by 10:30 P.M. on the night of your appointment and you have not notified us, you will be considered a **no-show cancellation**.

BILLING & INSURANCE

- If you have questions regarding insurance, billing, and/or possible co-payments related to your sleep study appointment, **please contact your insurance company directly**. Your insurance company has the most accurate insurance information concerning your benefits for this procedure.
- If you would like to obtain a price estimate for your proposed procedure, please contact the Patient Financial Counselor at 509-486-3136

WHAT TO EXPECT

- Our staff will greet you at the admitting desk and check you in. Please bring your health insurance card and a valid form of identification (Driver's License or State ID Card.)
- If there is any additional paperwork required, a staff member may escort you to the upstairs clinic to explain any paperwork you need to fill out.
- A technologist will escort you to your room and will be briefed on what to expect during your stay.
- You will be asked to get ready for bed. Once in your sleeping clothes, the tech will place monitors, explain the type of study that will be performed and give you a demonstration of the equipment that may be used during your study.
- You will be asked by your tech to turn off any cell phones or electronic devices you may have with you during your entire test. Any emergent calls can be placed to the Sleep Lab at 509-486-2151 and your tech will relay the message to you.

Your sleep study will start between 9:00 P.M. and 10:30 P.M. If you have a regular bedtime that is earlier or later than this, please let your tech know and we will try to accommodate you as best we can. *All sleep studies must start by 11:30 P.M. at the latest*; this is due to staffing and insurance coverage requirements.

WHAT DO I NEED TO DO?

PRIOR TO THE DAY OF YOUR STUDY

- Notify the sleep center if you have any specific needs as soon as possible. **(IE: wheelchair, medication assistance, personal care assistant, lifting devices, special bed, incontinence pads, oxygen)**
- Complete the included Sleep Diary and bring these with you the night of your sleep study

THE DAY OF YOUR STUDY

- Eat supper before you arrive at the Sleep Lab. We do not provide any snacks or meals during your stay.
- DO NOT take any naps on the day of your study
- DO NOT drink any caffeine after 12 P.M.
- DO NOT drink any alcohol 12 hours before your sleep study
- Wash and dry your hair and face before the study. Facial hair is not a problem.
- Please do not use any conditioner, gel, mousse, hairspray, or body lotions before your test.

WHAT SHOULD I BRING?

- Prescription and non-prescription medications including insulin & syringes (you will need to administer all of your medications yourself)
- Comfortable sleepwear
- Change of clothes
- Special pillows, blankets, toiletries, hair dryers, or other hygiene items that you may be used to
- If you currently use CPAP or Bi-Level PAP equipment, **please bring your mask, headgear, and chinstrap** (if you have one) with you to the Sleep Lab. **You DO NOT need to bring your machine to the Sleep Lab.**

*If your physician has prescribed a sleep aid for the night of your sleep study, you must have the prescription filled at your pharmacy **before** you arrive at the Sleep Lab. Do not take this medication until **after** you arrive at the Sleep Lab and are directed to do so by your tech.*

If you forget any of your prescriptions or supplies (such as syringes) you will need to arrange and purchase them from a local pharmacy or have someone bring them to you.

We are not able to provide or dispense any medications, syringes, or other medical supplies.

Please, do not bring any heating pads or electric blankets as these interfere with our sensitive recording equipment.