

PATIENT INSTRUCTIONS FOR SLEEP STUDIES

*******Before you leave home: Please check your phone voicemail(s) in case we have an emergency and are unable to perform your test. *******

Need to Reschedule? Please call (404) 303-4322

You are scheduled for a sleep study at the selected sleep center below. Driving and parking directions are available towards the end of this packet.

- | | |
|---|---|
| <input type="checkbox"/> Atlanta 993 Johnson Ferry Road
Bldg. C, Suite 100
Atlanta, GA 30342
Phone: (404) 236-8201 | <input type="checkbox"/> Cherokee 2001 Professional Parkway
Suite 200
Woodstock, GA 30188
Phone: (678) 388-6468 |
| <input type="checkbox"/> Forsyth 1100 Northside Forsyth Drive
Suite 230
Cumming, GA 30041
Daytime Phone: (770) 844-3498
After Hours Phone: (770) 844-3369 | <input type="checkbox"/> Roswell 1357 Hembree Road
Suite 120
Roswell, GA 30076
Daytime Phone:(678) 323-1730
After Hours Phone: (678) 323-1725 |

STUDY TYPE: OVERNIGHT SLEEP STUDY (DIAGNOSTIC OR CPAP)

Your study is scheduled for ____ / ____ / ____ at the _____ location.

Please arrive at _____ PM. Your study will end around 6 – 7 AM the next morning (unless your physician has ordered a delayed protocol).

STUDY TYPE: OVERNIGHT SLEEP STUDY FOLLOWED BY A DAYTIME NAP TEST (MSLT)

Your study is scheduled for ____ / ____ / ____ at the _____ location.

Please arrive at _____ PM. You will spend most of the next day here and your testing should be completed by 5 PM.

STUDY TYPE: DAYTIME NAP TEST ONLY (MSLT OR MWT)

Your study is scheduled for ____ / ____ / ____ at the _____ location.

Please arrive by 7:30 AM. Testing should be completed no later than 5 PM.

STUDY TYPE: HOME SLEEP APNEA TEST (HSAT)

Your appointment is scheduled for ____ / ____ / ____ at the _____ location.

You will pick up the testing device and learn how to self-administer the sleep study.

HOME SLEEP APNEA TEST:

If you are completing a Home Sleep Apnea Test, please arrive on time at the sleep center location in which you were scheduled and check in with the receptionist.

You must bring your insurance card and a picture ID.

Once you have completed the required paperwork, one of our sleep technicians will meet you in the waiting room. You will be given the device and the technician will go over all instructions needed to complete the test. This is also an opportunity to discuss any questions or concerns you may have. The consultation should take around 30 minutes.

Following your Home Sleep Apnea Test, you will bring the device back to the location that you picked it up on the date indicated on your paperwork. Our sleep technologist will download the information from the machine and send a report to the board-certified sleep physicians for interpretation. Please contact the physician who ordered your home sleep test if you haven't been contacted to review your results in 7 business days

IN LAB TEST:

You are scheduled for a sleep study at one of Northside's Sleep Disorders Centers. Our testing facilities vary in size, but each have quiet and comfortable bedrooms available for day and nighttime evaluation. Bedrooms are complete with Wi-Fi, Cable TV and DVD, bathroom and shower (private or semi-private depending upon location), and a lockbox or locking closet for your belongings. We can also provide you with soap, shampoo, towels and washcloths, and breakfast in bed for overnight guests. Hair dryers are available upon request. Before the test, you will have the opportunity to ask questions about the sleep study. You will have electrodes attached which are non-invasive and cause no discomfort. If you need to use the restroom during the study, you may do so after a technologist temporarily unhooks you. Our staff will do everything they can to make your stay as comfortable as possible.

Cancellation Policy:

You will receive an appointment reminder call prior to your study.

1. If you need to cancel or reschedule, we do require a 24-hour notice prior to your study. If you do not show up for your appointment or you cancel within the 24-hour period, a \$200 non-refundable cancellation fee will be charged, which is not covered by your insurance. Special provisions will be made for emergencies.
2. If you anticipate being late or have an emergency on the evening of your study, please contact the night staff at your facility. The phone numbers are listed above.

Preparing For Your Sleep Study – What to Bring and Not to Bring

Home Sleep Apnea Test Preparations:

1. All you need to bring to your appointment is your insurance card and a photo ID.

Overnight Study Preparations:

1. You must bring your photo ID and insurance Card. If a caretaker or family member is accompanying you, they also must present their photo ID.
2. You will be monitored by continuous audio and video recording. You will have access to a bathroom for full privacy and will use it for changing clothes.
3. Bring loose, comfortable clothing to sleep (pajamas or shorts and a T-shirt). Please avoid nightgowns as they may interfere with testing. Technologists reserve the right to not perform the sleep study if you DO NOT bring sleeping clothes with you. Sleeping in the nude is NOT permitted.
4. Bring any toiletries you may want before/after the study. You will have access to a restroom and shower at the sleep center.
5. Please eat your evening meal before arriving. Bring any special diet snack foods that you may require before bed. We will have light snacks and ice water, juice, hot coffee or tea available. We will provide a continental breakfast the morning after your study.
6. To ensure the highest level of comfort for our patients, we recommend you bring your own personal pillow(s). We do have disposable hospital- grade pillows available if needed.
7. Bring any items such as your e-reader and iPads to make your stay more comfortable. A TV is located in your bedroom as well.
8. Do not bring any jewelry or valuables with you. Remember, you will need your photo ID and insurance card.
9. Avoid caffeinated products, alcoholic beverages, and napping 12 hours prior to your study.
10. We will need to access your scalp for placement of electrodes; your scalp and skin must be free from all products to enable the placement of electrodes. We highly recommend that you shower before arriving. Please note that the paste may require extra time in the shower to remove it after your study.
11. We recommend you take any medication prior to entering the sleep center unless it makes you drowsy or were specifically prescribed for bedtime. Please bring any medication inside its prescription bottles. We do not provide any medication at our sleep centers.
12. We will provide a parking validation sticker when applicable.
13. A sleep technologist of the opposite sex may be assigned to attend your sleep study. If you desire a technologist of the same sex, please contact us prior to your study and note that you may have to reschedule to accommodate the request if one is not immediately available.

Daytime Study Preparations:

1. Please review our "Overnight Study Preparations" prior to your daytime study.
2. Feel free to bring your e-reader or iPad to keep you awake between naps.
3. Bring comfortable clothes to change into for the day. (ex: T-shirt and sweat pants or shorts)
4. We will need to access your scalp for placement of electrodes; your scalp and skin must be free from all products to enable the placement of electrodes. It is highly recommended that you shower before arriving. Please note that the paste may require extra time in the shower to remove it after your study.
5. We will provide the following on the day of your MSLT/ MWT:
 - a. Continental Breakfast
 - b. Lunch
 - c. Parking validation sticker (when applicable)

Northside Hospital's Comprehensive Sleep Medicine Program

Sleep impacts our overall health and almost one-third of Americans have a sleep problem at some point in their lives. Sleep disorders can have a profound impact on your quality of life – causing decreased job performance, high blood pressure and other cardiovascular conditions, memory loss, depression, and excessive sleepiness during the day. Fortunately, sleep disorders can be treated effectively.

Some sleep disorders that go untreated can result in serious medical conditions. For example, untreated sleep apnea is linked to diabetes, weight gain/obesity, and cardiovascular disease including, high blood pressure, arrhythmias, stroke, heart failure, and even death.

Certified, Specialized & Boarded Clinical and Medical Staff

We offer consultations with one of our board-certified sleep physicians whom may also be boarded in other specialties such as pulmonology, neurology and internal medicine.

For patient monitoring during sleep studies, we proudly feature only registered polysomnographic/sleep technologists (RPSGT), registered respiratory therapists (RRT), and certified respiratory therapists (CRT). All clinical staff are certified in CPR.

Sleep Studies Offered:

Polysomnogram (PSG/Overnight Sleep Study) - This test is a baseline diagnostic recording of the biophysiological changes that occur during your sleep. These are most often performed at night in the sleep center.

Home Sleep Apnea Test (HSAT) - This test is an at-home diagnostic recording of the biophysiological changes that occur during sleep.

CPAP (Continuous Positive Airway Pressure) Titration - This test is the same as a Polysomnogram, but with the application of CPAP therapy. This procedure allows the technician to increase the airway pressure inside the mask as needed, until all, or most, of the patient's airway obstructions are eliminated.

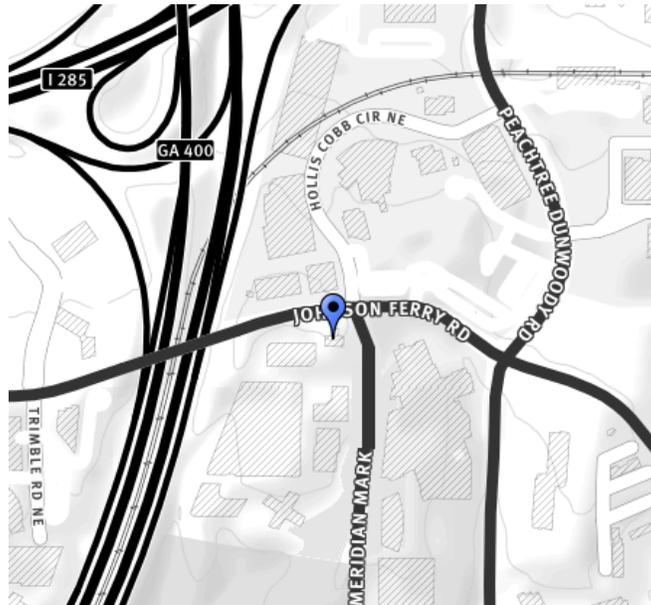
Split Night - This test consists of an abbreviated Polysomnogram followed by a CPAP titration during the same night.

Multiple Sleep Latency Test (MSLT) - This daytime test measures the tendency to fall asleep in the absence of alerting factors. It consists of multiple napping opportunities separated by breaks.

Maintenance of Wakefulness Test (MWT) - This daytime test measures the ability to stay awake without stimulation for a defined period of time.

ATLANTA SLEEP LAB

993 Johnson Ferry Road, Building C - Suite 100
Atlanta, GA 30342



Directions to the Northside Hospital Sleep Disorders Center Atlanta

Traveling East on I-285: Exit 26 – Glenridge - Johnson Ferry.

Turn right and get in the left lane. Turn left on Johnson Ferry Road. Go to the second light and turn right on Meridian Mark Rd. at the SunTrust Bank. At the first light and turn right.

Traveling West on I-285: Exit 28 Peachtree Dunwoody Rd.

Turn left onto Peachtree-Dunwoody Road. Come to the third light and turn right on Johnson Ferry Rd. **(Northside Hospital on your right)**, come to the next light and turn left on Meridian Mark Rd. at the SunTrust Bank.

Traveling South on GA 400: Exit at the Glenridge Connector.

Turn right at the end of the ramp. Go to the second light and turn left onto Meridian Mark Rd. Turn left at the first light into the **Northside Hospital Professional Buildings**.

Traveling North on GA 400: Exit at the Glenridge Connector.

Turn right off the exit ramp. At the first light, turn left onto Meridian Mark Rd. Turn left at the first light.

Parking

Building C will be on your left. Pull up to the parking booth and take a ticket from the machine. Park your vehicle in the parking garage. Parking is complimentary and can be validated by our staff (please bring your parking ticket inside with you).

Daytime or Home Sleep Studies

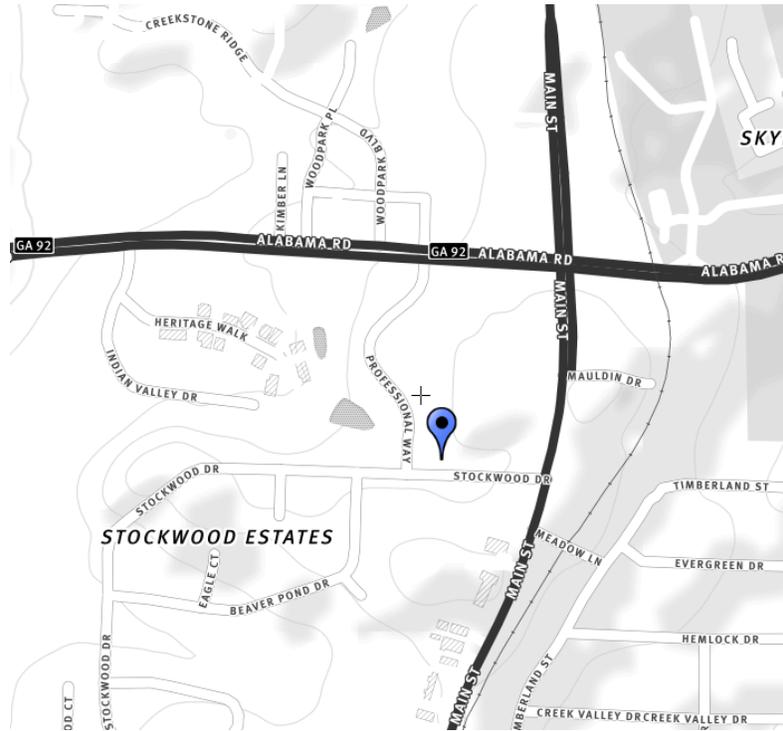
As you enter Building C, Suite 100 is the first door on your left. Please check in with the receptionist.

Overnight Sleep Studies

As you enter Building C, turn left at the elevators and ring the doorbell on the outside of Suite 100 and the staff will come meet you.

CHEROKEE SLEEP LAB

2001 Professional Parkway, Suite 200
Woodstock, GA 30188



Directions to the Northside Hospital Sleep Disorders Center Cherokee

From I-575 take Exit 7 GA-92 toward Woodstock (follow signs for Roswell). Go a little less than a mile and turn right on Professional Parkway right after the Subway and before the Stars and Strikes Family Entertainment Center. Proceed 0.3 miles and 2001 Professional Parkway will be on your left. We are in Suite 200.

Parking

Northside Hospital Cherokee Sleep Disorders Center is located at 2001 Professional Parkway, Suite 200 Woodstock GA 30188. The entrance is on the Stockwood Drive side of the building. Parking is by the second floor entrance which is behind the building up the small hill from the lower parking lot.

Daytime or Home Sleep Studies

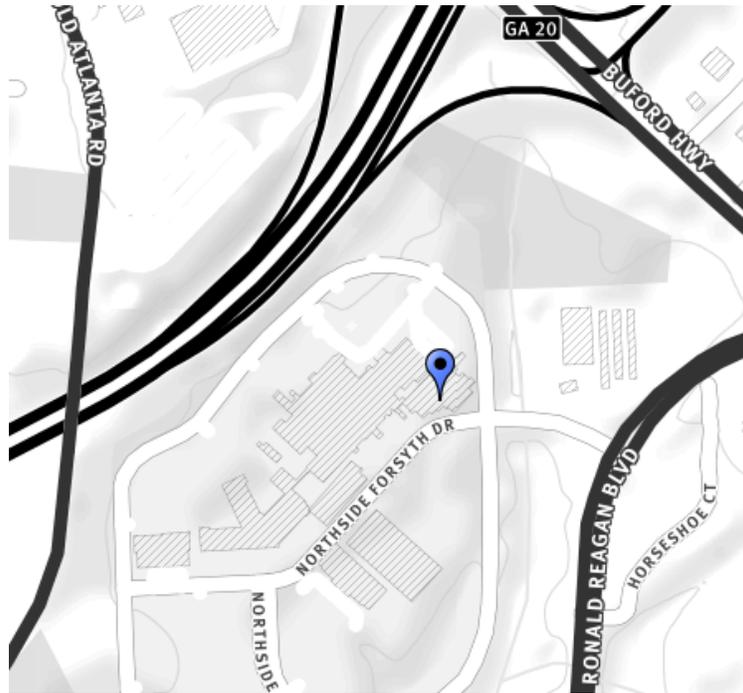
Go through the automatic glass doors and proceed directly to the Sleep Center office located on the second floor, Suite 200. Please check in with the receptionist. If the glass doors are locked, please ring the doorbell located on the left-hand side of the glass doors. The staff will come meet you.

Overnight Sleep Studies

Please ring the doorbell located to the on the left-hand side of the glass doors. The staff will come meet you.

FORSYTH SLEEP LAB

1100 Northside Forsyth Dr., Suite 230
Cumming, GA 30041



Directions to the Northside Hospital Sleep Disorders Center Forsyth

From Atlanta:

Take GA 400 North to GA 20 (Exit 14). Turn right on GA 20, then take a right on Ronald Reagan Boulevard. At the first traffic light, make a right onto Northside Forsyth Drive. This road will lead you directly to the hospital. At the 4-way-stop, proceed to the parking lot on the left.

Parking

Please find the first available parking space in the large parking lot in front of Northside Hospital Forsyth. Parking is complimentary. The Northside Hospital Sleep Disorders Center Forsyth is located in the 1100 building on the far left when you are facing the parking lot.

Daytime or Home Sleep Studies

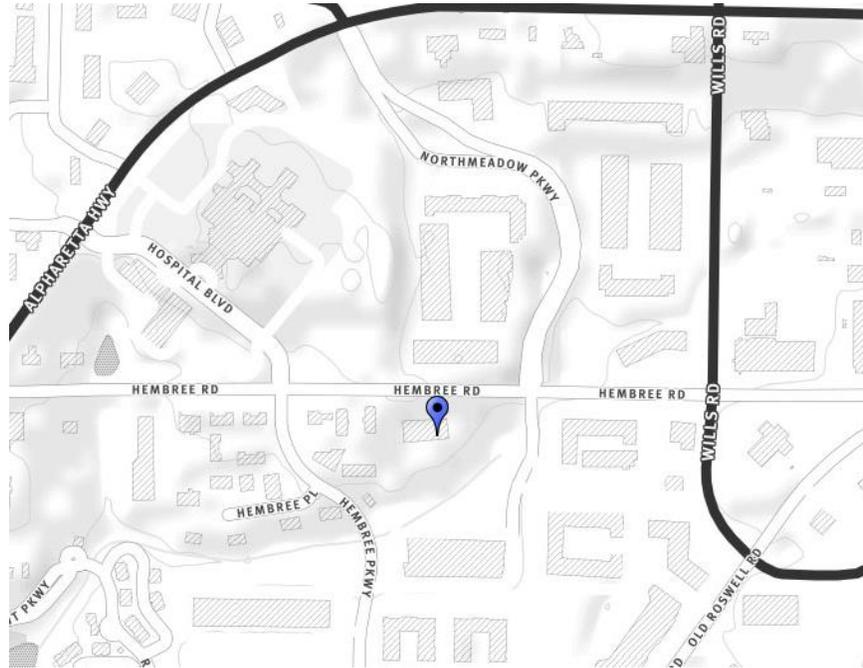
Go directly to the Sleep Center office located on the second floor of the 1100 building, Suite 230. Please check in with the receptionist upon arrival.

Overnight Sleep Studies

Please enter through the Hospital Entrance and proceed to the Registration desk. Let the Registration desk personnel know that you are here for a sleep study. Sleep Lab personnel will meet you in the Registration lobby and escort you to your room.

ROSWELL SLEEP LAB

1357 Hembree Road, Suite 120
Roswell, GA 30076



Directions to the Northside Hospital Sleep Disorders Center Roswell

From Atlanta and other Southern points:

North on GA 400 to Exit 8 (Mansell Road).
Left on Mansell Road approximately 1.5 miles to Alpharetta Highway (State Route 9).
Right on Alpharetta Highway approximately 1.5 miles. Turn right onto Hembree Road.
Our office is ½ mile on the right,

From Forsyth County and other Northern points:

GA 400 South to Exit 10 (Old Milton Parkway).
Right on Old Milton Parkway approximately one mile to Main Street (State Route 9).
Left on Main Street approximately one mile. Pass by North Fulton Regional Hospital, which is on the left.
Turn left onto Hembree Road. Our office is ½ mile on the right

Parking

The Sleep Disorders Center is located at 1357 Hembree Road, Suite 120, Roswell, Georgia. After turning into the Northmeadow Medical Center complex make an immediate right and continue around to the lower/back entrance of the building. You may park near the door however do not use the handicap spaces unless you have a sticker or window sign.

Daytime or Home Sleep Studies

Go directly to the Sleep Center office located on the first floor, Suite 120.

Overnight Sleep Studies

Proceed to the double glass doors; there is a gray intercom/call box on the brick wall to the right of the doors. **Press the gray button** and a staff member will meet you at the door.