

**Sleep Medicine Center (East) | 818 N Carriage Parkway | 316-651-2250**  
**Sleep Medicine Center (West) | 750 N Socora Suite 100 | 316-946-1790**

## **Preparing For Your Sleep Study — Wichita Sleep Labs**

We would like to ensure a safe patient care environment for you, our staff, and other patients of the Sleep Medicine Center. If you have any questions about your test, need to make arrangements for special medical equipment (hospital bed, hooyer lift), or you require special care or assistance, let us know before your test so we can make appropriate arrangements.

**PLEASE CALL THE SLEEP CENTER TWO WORKING DAYS PRIOR TO YOUR STUDY TO CONFIRM**

### **On the day of your sleep study**

- Take your normal medications unless instructed differently by your sleep physician. Bring enough of your medications to get you through the night and the following day.
- Take a shower or a bath and wash your hair, but do not use any bath oils, creme rinse or hair conditioner.
- After you shower, please do not use makeup, skin lotion, hair gel, hairspray or mousse. These items will leave the skin oily and will make it difficult for the sensors to stay on your skin.
- You do not have to shave prior to your sleep study.
- Eat a regular meal at dinnertime.
- Pack as you would for an overnight stay at a friend's house.
- Bring appropriate and comfortable nightclothes (such as T-shirts and shorts or pajama top and bottoms).
- Bring basic toiletries such as shampoo, toothbrush, toothpaste, hairdryer, etc.
- You may bring your favorite pillow. The pillows at the laboratory might be different from those you use at home.
- You may bring reading material such as books or newspapers.
- You may bring your own cell phone, radio, iPod, laptop, etc. You will be asked to turn these items off at bedtime or if they interfere with the study. There is no television in the bedroom.
- Each bedroom at our sleep centers has a queen size bed, ceiling fan, and bathroom with a shower. Towels are provided for you in your bathroom.
- Unless the patient requires a caretaker (such as a child), only the patient will be allowed to sleep at the Sleep Medicine Center.
- Arrange transportation home if needed. You will be ready to go home at 6:30 A.M. on the morning after your study unless you are asked to stay for a day study.

**You can go about your normal routine the day of your study with the following exceptions:**

- Do not drink any caffeinated beverages such as coffee, tea, sodas, or chocolate drinks after noon.
- Do not drink alcohol.
- Do not take a nap.
- If you have an illness on the day of your study and you feel it might interfere with your sleep, call the Sleep Medicine Center as soon as possible for advice on how to proceed.

**Arriving at the Sleep Medicine Center**

- Most patients should arrive at the Sleep Medicine Center at 8:00 PM for your overnight evaluation. *Please do not arrive before that time.*
- When you do arrive, ring the doorbell, and a technologist will let you in.
- If you know you are going to be arriving later than this time, please contact the Sleep Medicine Center immediately.

**Medical insurance coverage of sleep studies**

- In general, sleep studies are a covered diagnostic procedure but coverage by insurance carriers may vary.
- We strongly recommend that you contact your insurance carrier to verify requirements and coverage before proceeding with your sleep study.

**WHAT TO DO IF YOU NEED TO CANCEL OR RESCHEDULE YOUR SLEEP STUDY**

- Because significant resources are being reserved for your sleep study, it is essential that you show up for your sleep study.
- If you need to cancel your sleep study, you must notify us **before noon** on the day of your scheduled study.
- If you are scheduled for a Saturday or Sunday study, you must call **before noon** on the Friday before your study.
- Failure to notify us will result in a **\$200.00 charge** applied directly **to you.**

**Sleep Medicine Center of Kansas is an American Academy of Sleep Medicine Accredited Sleep Center**

[www.sleepmedicinecenterofkansas.com](http://www.sleepmedicinecenterofkansas.com)

**TOLL-FREE PHONE | 800-876-5111**

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