

BAY AREA SLEEP EVALUATION CENTER

ACCREDITED THROUGH THE AMERICAN ACADEMY OF SLEEP MEDICINE

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Welcome to Bay Area Sleep Evaluation Center. Your physician has ordered a sleep study for you. **Your appointment is scheduled for: _ at _PM.** Please take the time to read the following information as it is very important. Should you have any questions, please don't hesitate to call our office.

During the sleep study, there will be video/audio recording along with monitoring your sleep stages, body positions, oxygen levels, breathing, muscle tone, heart rhythm/rate and leg movements. This is conducted throughout the sleep study.

Depending on your sleep study results, you may need to return to our sleep facility for a second sleep study with CPAP. The results of the sleep studies are sent to your physician. It is recommended that you follow up with your physician concerning the results.

It is very important that you follow these instructions on the day of your study:

- Bathe and dry your hair before your test
- Do not use any oils, gels, creams, or sprays
- No caffeine 12 hours before study and no alcohol the day of your study
- Take any prescribed medications as normal unless your doctor instructed differently
- Bring any medication that you are currently taking with you. We do not provide medication
- Do not nap the day of your appointment
- Bring loose, comfortable clothes to change into
- Remember to eat prior to arriving for the sleep study but nothing heavy or spicy
- **Bring your insurance card, picture ID and any payment due**
- If you require special needs or attention while you are here, it will be necessary to bring a provider or family member to assist you

IMPORTANT:

If you are unable to keep your scheduled appointment, it is crucial that you notify our office 48 hours in advance. A verbal confirmation of your appointment has to be made on the morning (between 8am and 10am) of your appointment in order to remain on the schedule for that evening. If you do not confirm on the morning of your appointment you will be removed from the schedule. If your appointment is on a Friday, Saturday or Sunday evening, you will be required to verbally confirm on the Friday before your appointment. If you fail to come in for your scheduled appointment, there will be a \$125.00 "no show" fee.