

IMPORTANT RESOURCES

Questions, rescheduling and cancellations:

Phone 303.270.2708 option 1
Monday – Friday 8am-5pm

Please provide 24 hour notice for cancelling or rescheduling to avoid \$175 cancellation fee

Please call to reschedule if you develop any symptoms of a respiratory infection such as fever, new or worsening cough, or difficulty breathing.

Your appointment location:

National Jewish Health
Main Campus
1400 Jackson St
Denver, CO 80206

Maps and directions available on our website (scroll to “Sleep Center Locations”):

<http://www.njhealth.org/programs/directories/sleep-center/>

Online resources:

www.njhealth.org/sleep-ed

IN-LAB SLEEP STUDY

Appointment preparation:

- Have one fingernail free of nail polish and/or acrylic nails for the oxygen sensor (any finger except the thumbnail).
- Cotton pajamas (must not be silky PJ's) or a t-shirt and gym shorts can be worn for sleeping.
- Bring your health insurance card(s) and driver's license or government-issued ID to the appointment.

On the night of your Sleep Study:

- Please arrive **ON TIME**. Please see **National Jewish Health website for current map and parking directions or call 303.270.2708 option 1, Monday – Friday 8am-5pm.**
- Pick up the receiver of the wall-mounted phone in the vestibule and let the Operator know your name and that you are here for a sleep study. They will notify the Sleep Lab that you are here.
- Your sleep technologist will meet you at the vestibule and you will follow current health screening protocols. Your sleep technologist then will escort you to your private room for your appointment.
- Due to liability issues, we are unable to accommodate family members or others overnight with the exception of a previously arranged necessary caregiver.

Sleep Study test:

- You will have privacy as you change into your night clothes in your private room.
- The restrooms are shared with one other patient.
- Your technologist will apply various external monitoring devices using tape and paste, including:
 - o 15 electrodes on your scalp and face. Electrodes are fine wires placed on the surface of your skin. A mild cleanser is used to clean the skin before application.
 - o 1 snore sensor on your neck.
 - o 2 patches on your chest to record heart rate.
 - o 2 small sensors on your upper lip to detect airflow from breathing.
 - o 2 flexible belts around your chest and abdomen to monitor breathing effort.

- o 4 electrodes on your legs to detect kicking movement.
- o 1 sensor on your finger to detect the amount of oxygen in your blood.
- o The sensors are secured to allow for normal movement while sleeping.
- During this application process, you will be sitting up in a chair. This process is expected to take anywhere between 30 minutes to an hour. Your technologist will provide you with an overview on what to expect during your sleep study. You will have time to ask questions and get clarification during the instruction process.
- Each technologist is responsible for 1 to 2 patients. Each room has a video camera and a speaker, which allows your technologist to maintain visual and audio contact with you from the monitoring area.
- You will have time to get dressed in the morning, but for patient protection, showers are currently unavailable. Please plan time to shower at home. Please be prepared to leave the sleep lab on time.
- If someone is picking you up, please plan to wait in the main lobby on the 1st floor or outside of the Main Entrance until your ride arrives.
- Your technologist will be available for questions, but cannot discuss and/or provide copies of the data collected. This data must first be analyzed and then reviewed by a sleep physician.

After your appointment:

Finalized results of your test will be sent to the provider who ordered your sleep study within 2 weeks. Your provider may ask you to schedule an appointment to review the results and discuss next steps.

Financial information and other items of importance:

\$175 cancellation fee will be assessed to you directly if you cancel with less than 24 hours' notice or if you "no show" for your scheduled appointment. Your insurance will not be billed for this fee.

It is your responsibility to understand and know the coverage criteria for your insurance. Know your deductible and co-pay amounts. The Sleep Center will make every effort to verify your insurance coverage and obtain any needed referrals and/or authorizations for services to be provided by the Sleep Center. However, it is still **ultimately your responsibility** to understand and know the coverage criteria for your insurance. Prior to receiving any health service, please verify with your insurance that all needed referrals, authorizations and other information has been obtained.

You will be asked to sign the National Jewish Health *Consent to Treatment* form before your appointment unless you have completed one in the last 12 months. **This form does include financial expectations set by National Jewish Health and cannot be altered.**

Our sleep technologists will not be able to answer questions regarding your insurance plan or coverage. Please contact your insurance company directly for plan or coverage questions.

National Jewish Health is a fragrance-free, non-smoking facility. Please do not wear perfumes, colognes, aftershave, scented lotions, or scented hairspray as these can irritate and increase respiratory symptoms in our patients and care team.

Sleep Study Preparation Checklist:

(Use this as your checklist before arriving to have a successful sleep study)

Avoid:

- Alcohol, marijuana and any illicit drug use at least 4 hours prior to testing.
National Jewish Health has a Zero Tolerance Policy.
- Napping.
- Caffeine after 12p (noon).
- Using sprays, oils, gels or lotions in your hair and on your skin.
- Makeup on the face.
- Bringing items of value such as laptops, electronic tablets, jewelry, etc.

Do:

- Shower and wash your hair with shampoo only.
- Remove hairpieces and/or hair weaves to allow for electrode placement.
- Have one fingernail free of nail polish and/or acrylic nails (including gel or dip powder).
- Shave before you arrive for your study, except if you have a full beard or mustache.
- Have a light, early dinner before arriving at your scheduled location.
- Arrive on time at.
- Have someone pick you up in the morning if you took a sleep aide for the sleep study.

Bring:

- Health insurance card and driver's license.
- Medications including antacids and ibuprofen.
- Sleep aide if prescribed. Take this only when instructed to do so by your technologist.
- Your CPAP and mask if you are a current CPAP user.
- Your glucometer and insulin if you are diabetic.
- A book or magazine to read while waiting for sensor application.
- A pillow if you choose.
- Pajamas or t-shirt and gym shorts to sleep in. **(PLEASE NO SILK PJs)**
- Toiletries for before bed and in the morning (toothbrush, toothpaste, soap or facial wash).
- IF you are on 24/7 oxygen: bring your portable oxygen tank (i.e. E cylinder or liquid).**

Please have an extra tank with you so you will have adequate oxygen to get home after your study.