



Ballantyne Diagnostic & Sleep Center

11220 Elm Lane, Suite 102
Charlotte, NC 28277
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Tel: 704.943.5075
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SLEEP STUDY INSTRUCTIONS

A **sleep study** has been scheduled for _____

on _____ at _____ p.m. at our sleep center: Ballantyne Diagnostic & Sleep Center, 11220 Elm Lane, Suite 102, Charlotte NC 28277. This test involves an estimated 6 hours of data collection, with a couple hours of preparation. **Plan to be at our center until around 6:00am the next morning.**

RESCHEDULE OR CANCEL YOUR SLEEP STUDY

While we will make every effort to contact you to confirm your sleep study, **you should call us at 704-943-5075 at least 24 hours before your sleep study if you will be late or you must cancel your appointment.** If you miss your appointment or fail to cancel within 24 hours notice, you will be charged \$200 for the test, since we have reserved a space for you, which involves staffing of technicians. (Your insurance does not cover this.)

ARRIVE AT SLEEP CENTER

A map has been provided for your reference. Please park in the front of the building, left side of the glass doors entrance. **Ring the doorbell to the left** and your sleep technologist will meet you and escort you into the center. If you need mobility assistance upon arrival, please let us know in advance.

INSURANCE & PAYMENT

While we will contact your insurance company to verify coverage for your sleep study, we urge you to also call your insurance company to obtain your benefits for a sleep study. If you have any questions or concerns regarding insurance or billing, we will assist you in any way that we are able to with the information we obtained from your insurance provider.

PAYMENT: Your health insurance plan indicates that your estimated patient payment is \$_____. Please bring this payment with you to your sleep study along with your insurance card and any other paperwork that we have sent you to complete and submit. We accept check or credit card payment (Visa/Debit, MC, AmEx, Discover) (Checks payable to: Ballantyne Diagnostic & Sleep Center)

TRANSPORTATION & SAFETY

Your safety is important to us. If you are experiencing any sleepiness as a result of your sleep problems, please have someone drive you to and from your test.

PEDIATRIC PATIENTS

If this study involves a child, we want his or her stay to be as friendly and comfortable as possible. For that reason, a parent or guardian must stay with the child throughout the test. We will have a sleeping area available.

PERSONAL HYGIENE

Electrodes will be placed on your head and body. For them to remain in place and function properly, your skin must be clean and dry. Please do not apply any skin moisturizers, creams or oils. Your

hair also must be clean and dry. After shampooing your hair, do not apply any hairdressing such as hair spray, mousse, gel, oil, or cream.

Shower facilities will be available for you to use after testing is completed. Please bring your own toiletry items such as shampoo, conditioner, hair dryer, deodorant, toothbrush and toothpaste.

Towels, washcloths and soap will be provided.

BED CLOTHES

Women: Please wear loose-fitting pajamas with buttons down the front, or a button-down shirt with sweat pants or shorts. Avoid wearing any revealing clothing, as others are often present. Do not wear one-piece gowns, jumpsuits, tight garments, or anything silky or slippery.

Men: Please wear either pajamas or a t-shirt and shorts or sweat pants. Underclothes alone are not acceptable.

Children: Please wear two-piece pajamas that button or snap in the front or back. Please do not bring one piece pajamas or pajamas that pull over the head.

OTHER INFORMATION

- Bring your own pillow(s) if you feel that you will sleep better with them.
- Please leave all valuables at home. You may want to keep a small amount of cash (\$10).
- Bring all paperwork (health questionnaires, sleep logs, policies, consent forms) with you.
- Do not take any naps during the day of your sleep study.
- Do not bring an alarm clock or watch with you, as you will not be permitted to observe the time while in bed.
- Eat a full, regular meal before arriving at the Sleep Center. On the day of your sleep study, avoid eating or drinking any caffeine, including coffee, tea, sodas, and chocolate, especially in the afternoon.
- With the exception of daytime tests (MSLT, MWT), the Sleep Center does not provide meals. You may bring your own snacks and beverages as long as they are caffeine free.
- If someone is picking you up in the morning, he or she should arrive at the Sleep Center between 6:00-6:30am.
- Patients who are **also scheduled a daytime study** following their nighttime study should be prepared to stay that evening **and** the following day until 5:00pm. If you have not been instructed about a daytime study, then this does not apply to you.
- Children may bring familiar objects to help them sleep, such as toys, pillows or blankets, storybooks, videotapes, pacifier or bottle.
- Please continue to take your medications as prescribed unless you are instructed to do otherwise. When you come to the Sleep Center you should bring:
 1. Any medications you might need during your stay.
 2. The times you took your medication(s) on the day of your sleep study.