



Center for Sleep Medicine
425 East 61st Street, 5th floor
New York, NY 10065
weill.cornell.edu/sleepcenter
646.962.7378 (REST)
646.962.0455 (fax)

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|----------------------------------|---------------------|
| Overnight Appt Date: ___/___/___ | Time ____:____PM |
| Follow-up Appt Date: ___/___/___ | Time ____:____AM/PM |
| Patient name: _____ | |

OVERNIGHT SLEEP STUDY - PATIENT INSTRUCTIONS

Please read and understand the following information prior to your scheduled appointment.

IMPORTANT:

- PATIENTS ARE REQUIRED TO PAY ALL COPAYS AT THE TIME OF SERVICE. WE ACCEPT CHECKS, MONEY ORDERS, AND CREDIT CARD PAYMENTS. **TECHNICIANS DO NOT ACCEPT CASH.**
- IF FOR ANY REASON YOU CANNOT KEEP THIS APPOINTMENT KINDLY GIVE THE OFFICE A CALL 48 HOURS BEFORE YOUR SCHEDULED APPOINTMENT DATE OR **YOU WILL BE SUBJECTED TO A \$150 FEE.**
- IT IS THE PATIENT'S RESPONSIBILITY TO INFORM THE OFFICE OF ANY INSURANCE CHANGES. FAILURE TO DO SO MAY RESULT IN COSTLY MEDICAL BILLS
- PLEASE NOTE: IF YOU REQUIRE A HOME HEALTH AID OR NURSE, THEY MUST ACCOMPANY YOU TO YOUR APPOINTMENT. OUR TECHNICIANS ARE UNABLE TO ASSIST WITH CATHETERS, INJECTIONS, DIAPER CHANGING)
- A PARENT OR GUARDIAN IS REQUIRED TO STAY FOR THE DURATION OF THE OVERNIGHT STUDY FOR PATIENTS WITH DIABILITY OR PATIENTS UNDER THE AGE OF 18.

UNDERSTANDING A SLEEP STUDY

A sleep study is an overnight evaluation also called polysomnography, or PSG. Your sleep, breathing, heart rhythm and movements are recorded for an entire night using a variety of devices attached to your head and body.

WHAT TO EXPECT DURING YOUR APPOINTMENT

The Weill Cornell Center for Sleep Medicine has 12 private rooms. Each patient is assigned a room equipped with a bathroom, television, and a sleep-monitoring computer. Our goal is to provide a pleasant stay to all our patients. If you need special assistance, please contact the center in advance at 646-962-7378.

Upon arrival, you will be fitted with multiple electrodes used to monitor your brain waves, eye movements, muscle tone, heart rhythm, breathing pattern, blood oxygen saturation, and leg movements. These electrodes are connected to you using a special paste on your arms, legs, chest and head. This procedure is virtually painless and most patients sleep quite well with the monitoring equipment. The sleep technician will explain the procedure, and watch your sleep all night on the computer as well as on a video monitor.

Patients scheduled for a Multiple Sleep Latency Test (MSLT) require daytime testing and will receive a separate sheet with information about this test and specific instructions.

PREPARING FOR YOUR APPOINTMENT

Shampoo your hair the morning of your sleep study, taking care not to apply any preparations afterwards (hairspray, gel, etc.) Please inform the night technician of any prosthetic devices you have, as well as dentures and hair pieces. You should have a meal at your normal dinner time prior to arrival. Food options are also available nearby. For patients having an MSLT it may be easier to bring food for the next day or money to order food. You should bring whatever is needed to mimic your normal bedtime routine, including toiletries, comfortable sleepwear (preferably two piece loose fitting pajamas) and slippers. Please note that sleepwear is mandatory.

If you are taking any medications, you should continue to do so, unless otherwise advised by one of our physicians. Please bring a list of all medications that you are taking and give the list to the technician upon arriving at the Center.

If you are arriving late to your appointment please contact the facility at 646- 962-9311. This is also the number you can be reached in an emergency during your appointment. In case of illness (i.e. extreme nasal congestion, severe colds) on the day of your overnight study, please phone the Center to determine if your study should be rescheduled.

AFTER YOUR TEST IS COMPLETED

The technician will wake you up prior to 7:30am at which point all wires will be removed. Shampoo, soap, and towels are provided for your convenience.

Please take with you all your personal belongings. The Center is not responsible for any items left after your departure. You will be contacted by the doctor requesting the study in case additional testing is needed.

Many patients diagnosed with sleep apnea need an additional treatment night in the sleep laboratory. If that is your case, you will sleep with a mask attached to a device which helps you breath, called nasal continuous positive airway pressure (nCPAP).

**** Please note that the technicians are not allowed to discuss test results.**

**** You should contact your doctor to review the study results and discuss treatment options for your condition.**

Directions by car (parking is available in the immediate area at various garage locations):

From the FDR-South take exit 12 at 63rd Street - turn left onto York Ave - make a right onto 61st Street
From the FDR-North take exit 12 at 61st Street - make slight left onto 61st Street - 425 East 61st Street is on the RIGHT

Directions by subway:

Take the 4/5/6 train to the 59th Street/Lexington Station. Walk four blocks east toward York Ave.

Directions by bus:

Take the M31 to 61st Street. Via 1st Avenue, then M15 to 61st Street. Walk one block east to York Ave.

