



Information You Need to Know About Your Sleep Study

Appointment Date: _____

Appointment Time: _____ 9 p.m.

Test Location: 12 Executive Park Drive,
fourth floor (reverse for directions)

We have reserved this time especially for you. Technologists and other resources await your timely arrival. If you do not show for your Sleep Study a \$200 fee may be applied.

EMORY

SLEEP CENTER

EMORY

SLEEP CENTER

12 Executive Park Drive, NE
4th Floor
Atlanta, Georgia 30329
404-712-7533

You have been referred to the Emory Sleep Center because your physician suspects you may have a sleep disorder. It is estimated that 50 to 70 million Americans suffer from a chronic sleep disorder that may adversely affect not only their quality of life, but also their health and even longevity. If left untreated, sleep disorders can place individuals at greater risk for certain life-threatening disorders such as heart disease, stroke and hypertension.

Our sleep center offers a full range of diagnostic testing for a variety of sleep disorders, including sleep apnea, narcolepsy, restless legs syndrome and sleepwalking.

Why Choose Emory Sleep Center

- Sleep tests are usually scheduled within two weeks of the referral from your physician.
- Client service coordinators are available to offer you immediate assistance from 9 a.m. to 5 p.m. weekdays at 404-712-7533.
- All sleep studies are interpreted by board-certified sleep specialists who are also available for consultations.
- Accreditation by the American Academy of Sleep Medicine (AASM), which signifies that we have met the highest standards of clinical quality.
- Patients receive appointment confirmation calls, which also provide an opportunity to have any outstanding questions addressed.
- Ample, convenient, free parking.
- Modern facility with state-of-the-art technology and handicap accessibility.
- Comfortable private bedrooms with full-sized beds and cable TV.
- Amenities such as showers, hair dryers, snacks, and full tea and coffee service in the morning.



Preparing for Your Sleep Study

- Compile a list of all medications you take, including dosages, to bring with you to your appointment, and remember to please check the spellings.
- Because insurance coverage varies, you should check directly with your insurance carrier regarding your specific plan coverage and any out-of-pocket expenses related to the test. Affordable payment plans may be established if necessary. Scheduling staff are unable to give plan specific costs or coverage information.
- Do not hesitate to call our office with any questions or concerns you may have about your test.

On the day of the test:

- Take all of your regular medications as instructed by the physician that ordered your sleep study. If you have any questions about this, please contact the doctor that ordered your sleep study for clarification.
- Do not forget to bring any medications with you that you will need to take while you are at the Center or that you may need in case of an emergency, such as inhalers or epinephrine auto-injectors (EpiPens).

- Leave your valuables at home. The Sleep Center staff is not responsible for any lost items.
- Bring comfortable (non-silky) pajamas – preferably with a top and a bottom.
- Bring reading materials if desired to relax before sleeping. A TV with cable service is also available in each room.
- Bring your own toiletry items with you. Shampoo, body wash and towels are provided. Each room is equipped with a private bathroom and shower.
- Do not nap, consume alcohol or excessive amounts of caffeine, or use cream or oil products on your hair or skin, on the day of the test. Make sure your scalp is accessible, as equipment will be placed on specific areas.



- Use supplemental oxygen
- Are allergic to tape, latex or talcum powder
- Take medications – medications CANNOT be administered by Sleep Center technologists
- Require a translator
- Need a caregiver to remain with you during the study. Please arrange beforehand as space is limited.
- Require a handicap-equipped bathroom

If you are excessively sleepy upon awakening, please arrange for a relative or friend to drive you to and from the Sleep Center, or use a taxi or MARTA bus for transportation.

Thank you for bringing these and any other special needs to our attention ahead of time.

About Your Sleep Study

- **How is sleep testing performed?**

Sensors are applied to the surfaces of the head, face, chest and legs. Vitals are monitored throughout the night. Respiration and breathing effort are also monitored.

- **Will the test be painful?**

No. Sleep studies are not painful. Patients with sensitive skin may notice mild skin irritation from sensor adhesives. If you are allergic to any adhesives, please let the client services coordinator know in advance of your test.

- **Who will be present in the laboratory while I am sleeping?**

You will have a private room and will be monitored from an adjacent control room by a trained sleep technologist. The technologist is responsible for

making your stay comfortable and safe while obtaining high-quality sleep data. Please let your technologist know if he or she can do anything to make you more comfortable.

- **Will a friend or loved one be able to stay with me?**

The sleep center can accommodate a caretaker only if special assistance is required. Space is limited. A separate room is not guaranteed. Arrangements must be made prior to the sleep study.

- **What time will I be able to leave in the morning?**

You will be able to leave between 6 and 7 a.m. Patients who are scheduled for a MSLT day study: please be aware that your departure time will vary between 4 to 6 p.m.

Call 404-712-7533 With Questions

We understand that you may have questions about your sleep study. We encourage you to call us with any concerns about your test. Our client service coordinators are available to assist you Monday through Friday from 9 a.m. to 5 p.m. Our goal is to ensure that your sleep study is a positive experience.

Appointment Change Instructions

If you are unable to make your appointment, it is extremely important that you notify us at least 48 business hours prior to your appointment by calling 404-712-7533 to reschedule for a more convenient time. These sleep study tests require valuable laboratory and personnel resources for your exclusive use and we appreciate your courtesy so that we can offer the appointment time to another patient if you must reschedule. A no-show fee may be applied if you do not arrive for your sleep study.

Directions

Executive Park Building is on Executive Park Drive conveniently located off of I-85.

Parking Information:

Free parking is available for outpatients, guests and visitors within close walking distance to the building.

From the South:

Take I-85 North to North Druid Hills (Exit 89). Merge on to North Druid Hills Road toward Executive Park Drive. Take first right on to Executive Park Drive. Make a U-turn at Executive Park North on to Executive Park Drive NE (if you reach Sheridan Road you have gone too far). The building will be on your right.

From the Northwest (I-75):

From I-75 South, take I-85 North near midtown Atlanta and continue to the North Druid Hills Road exit (Exit 89). Turn right off the ramp. Merge on to North Druid Hills Road toward Executive Park Drive. Take the first right on to Executive Park Drive. Make a U-turn at Executive Park North on to Executive Park Drive NE (if you reach Sheridan Road you have gone too far). The building will be on your right.

From the Northeast (I-85):

Exit at North Druid Hills Road (Exit 89). Turn left on North Druid Hills Road. Turn right on Executive Park Drive. Make a U-turn at Executive Park North on to Executive Park Drive NE (if you reach Sheridan Road you have gone too far). The building will be on your right.

Special Needs

It is very important that we are aware of any special needs prior to your scheduled sleep study in order to make your stay as comfortable as possible. Please call us at 404-712-7533 if you:

- Use a walker, wheelchair, cane or have limited mobility
- Require assistance walking or using the bathroom
- Have incontinence/bedwetting issues
- Are unable to sleep in a standard bed and will need one that is adjustable