



8333 North Davis Highway Pensacola, FL 32514
850.969.2044 / Fax 850.474.8682
Sleep Consultation 850.474.8353 / Fax 850.474.8504

We are pleased to have the opportunity to provide you with sleep medicine services. You are scheduled for a sleep study on _____ at the Sleep Diagnostic Center. It is important that you arrive at your scheduled time of _____. **If you are scheduled on Sunday evening, the doors to Medical Center Clinic open at 8:30 p.m. to allow the entry of sleep center patients.**

Sleep Diagnostic Center

Sleep Diagnostic Center is located on the first floor of the 11-story Gulf Regional Medical Tower (Medical Center Clinic)/Building 1. Please use this entrance when attending your sleep study. Upon entry, Urgent Care will be on your right and Walgreen's on your left. The sleep center is located down the hallway on the left past Walgreen's and the waterfall (the same hallway as the Diagnostic Center and the Urology Center).

The Sleep Diagnostic Center has four individual rooms to help provide you comfort and privacy during your sleep study. The focus of our staff is excellence in patient care.

The Sleep Diagnostic Center consists of highly trained and experienced sleep technologists, who have received specialized training in the field of sleep disorders. Our technologists will strive to make you comfortable and keep you informed during the waking portion of your stay.

What is a sleep study?

A sleep study is a diagnostic procedure your physician has prescribed to analyze your sleep patterns.

A sleep study is a seven to eight hour recording of physical changes that occur while you sleep. Your brain activity, heart rate, leg movements, oxygen levels and breathing are tracked during this test. These signals are recorded by sensors and electrodes attached to various sites on the body. Throughout your sleep study process, no needles, drugs, x-rays or invasive procedures will be used – making this a very safe and painless process.

A sleep study is used to check for sleep disorders. A common sleep disorder is obstructive sleep apnea.

Patients Scheduled for an Overnight Study (8:30pm – 5:30am)



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The Sleep Diagnostic Center is a secured area. For patient and staff safety, the doors will remain locked throughout the night. Therefore, patients will need to remain in the center until released

from the study. Visitors are not allowed. Inappropriate behavior of any type will result in termination of the study.

Given that you are being evaluated for a sleep disorder, it is recommended that you arrange transportation to and from the sleep center. Please park in any of the parking lots in front of Medical Center Clinic. The lot closest (A1) to the main doors of the clinic is for handicap parking but does have a few open parking spaces. Lot B-2 is open parking. Both lots are well lit and a short walking distance to the main doors.

Preparing For Your Study

In the days prior to the study: Sleep Diagnostic Center will call to confirm your appointment.

- In the several days prior to your sleep study you need to maintain your usual sleep-wake schedule, daily activities, and medications (including over-the-counter medications) unless otherwise directed by your physician.
- Should you become ill (cold or allergy symptoms, diarrhea, fever, etc.) in the several days prior to your sleep study, call our office at **850.969.2044** regarding your illness.
- Contact a care giver and arrange for them to stay with you during the test if you feel you will need extra assistance during your sleep study.
- You may make special requests to the Sleep Diagnostic Center, such as, a room with a place for a care taker to sleep and/or stay with you.

The day of your study:

- Please do not consume any caffeine (coffee, tea, or cola products), chocolate or alcohol after 12:00 noon on the day of your appointment.
- You may take all of your medication(s) on your usual schedule unless your doctor has told you to stop any of them before the study.
- Do not take any naps the day of your study.
- On the day of your study, shower, shampoo and dry your hair. Do not use any oils, sprays, gels, mousse, or other hair product on your clean hair. Do not use any creams or lotions on the body or face.



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- Women should remove all make-up and remove fingernail polish/acrylic or false fingernails from the left index finger before arriving at the center.
- Men should make sure all facial stubble is shaved. If you have a full beard or mustache, there is no need to shave.
- Bring your medications with you to your sleep study including any over-the-counter medications you may need (i.e., Tylenol, nasal decongestant). The sleep center does not provide medicines.

- Eat your evening meal before arriving at the Sleep Diagnostic Center. If you have any special dietary needs, please notify the staff. Patients with special dietary needs may bring food/drinks with you. Do not bring foods that require special storage or preparation. Caffeinated and alcoholic beverages are not allowed. Chocolate should be avoided.
- Bring pajamas or something comfortable to sleep in (preferably a two-piece set) to your appointment.
- You may bring a preferred pillow, reading material, portable music device with headphones.
- Recommend you bring a change of clothes for the next day. However, our facility is not equipped with a shower.
- Recommend you bring a toiletry kit (toothbrush, toothpaste, deodorant etc.).
- It is important to check-in promptly at your given appointment time.

What To Expect After Your Study

With certain sleep disorders, such as sleep apnea, it may be necessary for you to return to the sleep center for a second therapy-related study. Studies are scored in the center and interpreted by a sleep physician.

Patients who qualify for a second night study will be treated with positive airway pressure (PAP). PAP is an air pressure system that helps hold the air passages in the nose and throat open during sleep and eliminates snoring and obstruction in breathing.

The Sleep Diagnostic Center will assist with PAP compliance through set-up of their own PAP machine with a PAP equipment supplier and follow-up phone calls during the first 90 days of PAP use as well as a yearly follow-up call.

You should have a scheduled follow-up appointment with your sleep physician 31-90 days after you have been set-up on PAP.



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If you are unable to keep your scheduled appointment, please contact our office at least 48 hours prior to your appointment time at 850.969.2044.

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