

# The Penn Sleep Centers

## Sleep Study Frequently Asked Questions

### What do I do on the day of the test?

#### DO

- Eat dinner before reporting for your sleep study.
- Take your regular medications and bring your medications with you.
- Bring a book, magazine or newspaper.
- Bring something comfortable to sleep in and slippers.
- Bring your toiletries such as your toothbrush, toothpaste and comb.
- Feel free to bring your own pillows and blankets, but ones will be provided.
- Bring your insurance information (cards and/or referrals when necessary).

#### DO NOT

- Drink or eat a large amount of caffeine within 12 hours of your test (This includes soda, coffee, tea and chocolate.)
- Nap on the day of the test
- Use creams, oils or sprays on your hair or skin on the day of your test

### What accommodations does the Penn Sleep Center have?

You will have your own bedroom and bathroom, equipped with shower facilities. We perform sleep studies seven nights a week and can accommodate you if your normal sleeping pattern is during the day. **If you have any special needs, such as a wheelchair or oxygen, please let our staff know when you schedule your study.** The Sleep Center is an outpatient facility and does not have night nurses, aides or any medications. If you are required to stay for daytime testing (Multiple Sleep Latency or Maintenance of Wakefulness Test), then you will be provided with breakfast and lunch.

### Will the recording be painful?

No. Patients with sensitive skin may notice mild skin irritation from the electrode paste or adhesive. Please inform the staff when you confirm your appointment if you have any allergies to latex, etc.

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## **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 laboratory technologist. The technologist is responsible for making your stay comfortable and safe while obtaining a high quality sleep recording.

## **Will the study disrupt my sleep?**

Most people who come to the sleep lab do not sleep quite as well as they do at home. This is normal and usually does not affect the study's results. In most cases, you do not need to sleep for a full eight hours to find the source of your problem. When your sleep study data is interpreted, any disruptive effects of sleeping in the laboratory are taken into account.

## **Will I be given a sleeping pill?**

No. The technicians may not administer any medications. Please be prepared to bring all of your medications at the time of your sleep study. You should continue to take all of your prescribed medications unless your physician instructs you otherwise. If you have any questions about your medications, please contact your primary care physician.

## **How is it determined which mask I receive?**

In most cases, the mask that you found to be most comfortable during your CPAP titration study will be ordered for you. If you breathe through your mouth when you sleep, then you will probably need a mask which covers your nose and your mouth. If you are able to keep your mouth closed when you sleep, then you can also use a nasal or nasal pillow mask. You can visit our CPAP Clinic at Penn Sleep Center to see different mask options.

## **Will my insurance pay for my sleep testing?**

Yes. Most insurance companies will cover the cost of your sleep study. The staff scheduling your sleep study will coordinate referrals and/or pre-certifications with you and your referring physician. You will be responsible for your deductible and, in some cases, a portion of the test. If you have any questions about billing or insurance coverage, please call 215.662.7772, and follow prompts for billing concerns.

Sources: Getting Started. (2005). Retrieved July 14, 2009 from [www.sleepeducation.com](http://www.sleepeducation.com); Overnight Sleep Study. (2007). Retrieved September 29, 2009 from [www.sleepeducation.com](http://www.sleepeducation.com)