

# The Penn Sleep Centers

## Your Sleep Study: A Quick Reference Guide

Welcome to the Penn Sleep Center! We hope that you have a positive testing experience and that your sleep test helps your doctor determine if you have a sleep disorder such as sleep apnea.

If you have sleep apnea, then you will likely have additional **sleep testing with CPAP breathing device**.

**If you have not seen a Penn Sleep Center physician**, then your doctor will review the test results with you, order CPAP machine if needed and arrange all follow-up appointments.

If you have seen a Penn Sleep Center physician:

- **The CPAP prescription order:** Your Penn Sleep Center physician will order your CPAP system with tracking technology from a home care company.
- **The CPAP unit set-up:** The home care company should call you within one to three weeks after your study, often depending on your insurance. They will schedule your CPAP set-up and equipment instruction session at the Penn Sleep Center CPAP Clinic or at your home.
- **One month office follow-up appointment:** You should have your first CPAP office follow-up appointment set for about four to six weeks after the CPAP set-up. **It is very important to bring your smartcard and your mask to this first appointment.** This first follow-up is usually with a sleep nurse practitioner or sleep nurse specialist to review your card data and clinical progress.
- **Card Checks:** These are recommended every three to six months and whenever you have any problems or changes in your weight, medications or medical conditions.
- **Routine office follow-up:** After the first month office follow-up check, you should see your physician at least once a year. You should also call and follow-up if you have any sleep or CPAP machine problems or have changes in your weight, medications or medical conditions.
- **CPAP clinic and staff:** They are available to help you with any problems or questions. CPAP Clinic is a free service that does not require an appointment. Please ask for a schedule of times and services.
- **Unusual problems:** Call your physician immediately. If you are sleepy, then do not drive.
- If you saw a Penn Sleep Center physician and have not received your CPAP, please call our clinical office at 215.662.7772.
- If you saw a Penn Sleep physician and do not have a one month office follow-up appointment, please call the clinical office at 215.662.7772 to schedule one.

We hope that your sleep test and CPAP care are positive experiences and that they help you to have better sleep and better health! Additional details about sleep testing, CPAP ordering, CPAP set-up and CPAP follow-up are attached. Thank you! The Penn Sleep Center Staff.

**888.SLEEPCT (888.753.3728)**  
**PennMedicine.org/sleep**



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800.789.PENN PennMedicine.org