

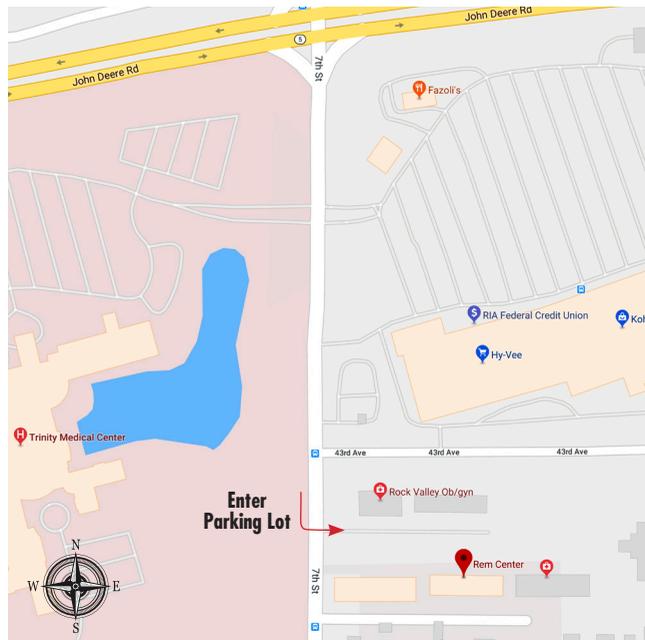
A sleep study is your first step to a good night's sleep

Your physician has ordered a sleep study for you because he/she feels you are not getting good, quality sleep and would like to find out the reason. During a sleep study, many body functions are monitored while you sleep. Your heart rate, muscle movement, air movement in and out of your mouth and nose, brain waves, and the oxygen in your blood, are just a few examples. A sleep study doesn't need to be a scary experience for you. The entire process is non-invasive (nothing is stuck in you) and, at most, just a little uncomfortable.

The entire process is outlined below.

1. Arrive at the lab at your scheduled time and fill out paperwork for registration.
2. Change into night clothes.
3. All sensors and wires will be applied – 9 wires on your scalp, 1 belt on chest, 1 belt on belly, 6 wires on face, one microphone on neck, 2 patches on your chest, 1 patch on your rib cage, 1 patch on each leg, one oxygen sensor on a finger and a nasal cannula/PTAF under your nose.
4. A technologist will monitor your sleep and breathing from a control room with a TV monitor and intercom system. A total of 6 hours must be recorded (awake or asleep).
5. When testing is complete, the technologist will wake you and remove all of the wires and sensors.
6. A private bath with shower is provided for each patient, so getting ready for your day is possible.
7. Results will be available to the physician that ordered your study approximately 5 business days from the completion of your test.

Location



From Interstate 74 W/US-6 exit IL-5 W/ John Deere Road via EXIT 4A. Stay on John Deere Road for approx 1.1 miles, turn left on 7th Street. HyVee, Target and Kohl's Department Store will be on your left. Pass the entrance to the hospital and turn into the next parking lot on the left after 43rd Avenue. Our building is located on the south side of the parking lot. We are the last entrance in the second building.



The REM Center™

4364 7th Street
Moline, Illinois 61265
309.762.2998



For the sleep you need with the care you deserve

Your sleep study & what you need to know.



Est. 2004

Frequently Asked Questions:

Q: How long will I have to be there?

- A. You will arrive about 1 hour before your normal bedtime (we take this into consideration when scheduling your arrival time). Once you are in bed, we will need to record for a minimum of 6 hours, then you will be free to go. On a rare occasion, the study may need to run as long as 8 hours.



Q: What if I don't sleep?

- A. If you truly do not sleep, you may need to return to the lab for a repeat study with the help of a sleep aid prescribed by your physician. Most people do get enough sleep to make the test valid, even though they may feel that a significant amount of sleep was not obtained.

Q: Will my insurance cover this?

- A. In most cases, if a physician feels this test is medically necessary and writes an order, insurance will cover the cost. You will be responsible for any co-pay, co-insurance and/or deductible and any portion your insurance does not cover.

Q: I have been sick, should I come to my scheduled appointment?

- A. If you are ill and it is affecting how you sleep, you should call the lab and reschedule your sleep study. If you have taken any medication that you think may affect how you sleep, you should call your physician and discuss the matter with him/her.

Q: I use the restroom a lot during the night, will this be a problem?

- A. This will not be an issue. Notify the technologist of your need, and the computer cable will be disconnected so you will be free to use the restroom.

Your doctor has ordered one of the following types of sleep studies for you. For each study all of the sensors describe in the brochure will be applied:

- Baseline** – The technologist will monitor your sleep to assess certain sleep disorders like: sleep apnea, periodic limb movements, and insomnia. This study is for diagnostic purposes only, **so CPAP will not be applied**; the technologist will just monitor you all night.
- Split Night** – During the first half of the night the technologist will monitor your breathing to determine if you are eligible for CPAP (continuous positive airway pressure). This is based on the number of respiratory events with a decrease in oxygen, and total sleep time. In the event that you do qualify for CPAP the technologist will come in and you will be asked to wear a CPAP mask. While on CPAP air will flow through a mask placed on your face. While asleep the technologist will gradually increase the CPAP pressure until all of your respiratory events and snores are resolved.
- CPAP Titration** – For this study you will start off on CPAP and while you are asleep the technologist will gradually increase the CPAP pressure until all of your respiratory events and snores are resolved.

Did You Know?

- We will verify your insurance and submit the claim as a courtesy to you.
- It is your responsibility to know and understand your insurance.
- You are responsible for any co-pay, co-insurance, and/or deductible that has not been met.
- You will receive a separate bill from a sleep physician for the interpretation of your sleep study.
- The REM Center cannot give you the results of your test. You will need to contact your physician to discuss them.
- In the event you are diagnosed with obstructive sleep apnea, you will obtain a CPAP unit and supplies from a local medical supply company of your choosing (in most cases). For a list of local suppliers, please visit our website www.remcenter.com.

Appointment Time:

Name: _____

Time: _____ Date: _____

Instructions:

Thank you for choosing The REM Center for your sleep testing needs! We hope you find this information and these simple instructions useful:

- If a questionnaire is enclosed, please complete it and bring it with you the night of your test. Please include information from your bed partner or someone who observes your sleep.
- Please notify The REM Center if you develop an illness or situation that would interfere with your sleep. For example: cold/flu/ pain/stress/anxiety/ jet lag/shift change.
- Except in an emergency, Please call us 48 hours in advance if you should need to cancel your test.
- Bring your insurance card and picture I.D. as we'll need to make copies for your chart.
- Please bathe and shampoo on the day of your test. DO NOT use hair styling products after shampooing and DO NOT apply lotions. Men, please shave, unless you wear a beard.
- Do not oversleep or nap on the day of your test.
- Avoid alcohol and caffeine (chocolate, coffee, tea, soft drinks) at least 8 hours prior to your test.
- Please bring something comfortable to sleep in and any other personal items that you may desire to make you more comfortable. (pillow, blanket) No live animals are permitted.
- Please leave all valuables at home.
- To have any questions answered, please call the following:
 - Medication questions: call the physician that ordered your test.
 - Test results: call the physician that ordered your test.
 - For insurance and payment questions: call your insurance carrier.
 - For test cost information or questions about your test: Call The REM Center.