



## **TITRATION SLEEP STUDY** **PATIENT INSTRUCTIONS**

### **Your Sleep Study**

A titration sleep study is a procedure which involves sleeping overnight in comfortable surroundings in our Sleep Center. During the study, you will have several types of sensors attached to you. These sensors allow us to monitor your sleep and respiratory functions so we can diagnose multiple types of sleep disorders. A technologist (tech) will monitor your sleep and be there to assist you throughout the night.

You may also be fitted for positive airway pressure (PAP) machine. This includes a mask that you wear over your nose or both nose and mouth. A tech will begin you on a low pressure and increase the level as you sleep until you have reached optimal pressure.

### **What should I bring?**

- Your health insurance card and a form of identification (Driver's License or State ID Card)
- Prescription and non-prescription medications in their original bottle or packaging (you will need to administer all of your medications yourself)
- Something comfortable to sleep in (2-piece pajama, nothing too form-fitting)
- A book, tablet, or laptop to occupy you while you are awake
- Special pillows, blankets, or toiletries that you wish to have with you
- If you are currently on/using a (PAP) mask, bring **ONLY THE MASK** with you

**\*\*\* If your physician has prescribed a sleep aid for the night of your sleep study, you must have the prescription filled at your pharmacy before you arrive at the Sleep Center. Do not take this medication until **AFTER** you arrive at the Sleep Center and are directed to do so by your tech.\*\*\***



## What to expect at the Sleep Center

- Upon arrival, please walk up to the door and ring the doorbell outside. Your tech will meet you at the door and let you into the facility and show you to your room.
- While in your room, the tech will explain any paperwork you need to fill out, orient you to the room, and go over what to expect during the study.
- You will not be expected to go to sleep upon arrival, but you will be asked to get ready for bed. Once in your pajamas, the tech will place the sensors and explain the type of study that will be performed.
- The sleep study will be started sometime between 9:00PM and 10:00PM. If you have a regular bedtime that is earlier than this, please let your tech know and we will try to accommodate you as best as we can.



### Sleep Center and Room Amenities

Your typical room at the Sleep Center will consist of a full size bed. The bathroom is shared and is located in the hallway. In addition, the room is equipped with wireless internet (Wi-Fi) access, cable TV, and additional seating.

## Special needs

If you currently use any of the things listed below, reside in a skilled nursing facility, or have any other special needs, please notify the Sleep Center prior to your appointment:

**\*Wheelchair   \*Oxygen   \*Special/Adjustable bed   \*Lift Assistance**



## What do I need to do?

### PRIOR TO the day of your study:

- You will be called no later than the morning of your sleep study to confirm your appointment and to answer any remaining questions you may have.
- Notify the sleep center if you have any specific needs as soon as possible.
- If you need to cancel your sleep study, please call 2 business days prior to your test date to do so.

### DAY OF your study:

- Eat supper before you arrive at the Sleep Center.
- **DO NOT** take any naps on the day of your study.
- **DO NOT** drink any caffeine after 12:00 Noon. This includes: coffee, tea, chocolate, cocoa, and soda. You may drink caffeine- free sodas and/or decaffeinated coffee.
- **DO NOT** drink any alcohol 12 hours before your sleep study, unless otherwise directed by your physician.
- **Wash and dry** your hair and face before the study.
- Please **do not** use and gel, mousse, hairspray, or body lotions before your test.

### **\*\*To Cancel or Reschedule\*\***

If you need to cancel your appointment, please call the Sleep Center **as soon as possible** so that someone else may take your place. We ask that you let us know at least **24 hours** in advance for canceling or rescheduling. Failure to do so may result in a \$300 "NO SHOW" fee.

### **\*\* Billing and Insurance Questions\*\***

If you have any questions regarding insurance, billing, and/or possible co-payments related to your sleep testing appointment, please contact **your insurance company** directly. Your insurance company has the most accurate information concerning your benefits for this procedure.

## Sleep Study Follow-Up

You will be ready to leave the Sleep Lab at approximately 5:00AM.

Your sleep technologist will not be able to discuss detailed information in regards to your sleep study. Your study must be interpreted by a Board Certified Sleep Specialist (physician) before the final results are available. To obtain your results, you must contact your referring medical provider.

**If you have any questions or concerns, please call the sleep center at:  
386-586-6229 or 954-306-3760.**

Our regular business hours are Monday-Friday, 9:30 A.M. to 4:30 P.M.

**Thank you for choosing Flagler Diagnostic and Sleep Disorder Centers  
for your sleep medicine needs!**