

# SLEEP LAB LOCATION & INSTRUCTIONS

## STONE OAK LOCATION



You are scheduled for an overnight sleep study (polysomnogram) at Sleep Therapy & Research Center. Please report to our Stone Oak location at your given appt time (8pm or 8:30pm).

### STONE OAK SITE

[19222 Stonehue Ste. 105](#)  
[San Antonio, Tx 78258](#)

Phone: [210-888-1720](#) or [210-614-6000](#) option 3 (use option 3 **AFTER hours or weekends ONLY – techs do not arrive till 7:45pm**).

**Please bring your picture ID and insurance identification.**

**\*\*\*Cancellation fees may apply to any appointment cancelled within 1 business day\*\*\* (detailed cancellation information in the "How to cancel or reschedule?" section).**

### YOUR SLEEP STUDY

A sleep study involves sleeping overnight at the Sleep Center. You will have several types of monitors attached to you, which will provide information about your sleep patterns and allow us to diagnose sleep disorders. A technologist will monitor your sleep through the night. Depending on the results, you may need to return for a follow-up test or treatment.

### WHAT TO EXPECT AT THE SLEEP CENTER

- A technologist (tech) will show you to your room. Once in your pajamas, the tech will place the monitors, explain the type of study being performed and give a demonstration of the continuous positive airway pressure (CPAP) equipment that may be used during your study.
- Please turn off any devices (cell phones, laptops, etc.). Any emergent calls can be placed to the Sleep Center tech at [\(210\)-888-1720](#) OR [\(210\) 614-6000](#) option 3 (use option 3 **AFTER hours or weekends ONLY – techs do not arrive till 7:45pm**)..
- Monitoring will begin between 9:00 pm and 11:00 pm. If you have a regular bedtime that is earlier or later, please inform your tech. **All sleep studies must start by 11:30 pm at the latest.** Most studies are completed by approximately 5:00 am. If we have collected enough data and obtained sufficient sleep time, we can wake you early upon request.

### WHAT SHOULD I BRING?

- Prescription and non-prescription medications, including insulin and syringes, and sleep aids (if recommended by provider)
- Pajamas (we do not provide gowns)
- Change of clothes
- Special pillows or blankets that would make you more comfortable
- Toiletries (as if you were spending a night in a hotel)
- CPAP or Bi-Level PAP (BiPAP®) equipment (if requested by physician)

## WHAT DO I NEED TO DO?

### PRIOR to the day of your study:

- For children under 18 years of age, disabled, or otherwise non-independent patients, we require and allow only one parent or caregiver to stay overnight. A recliner is available in the room for the caregiver to sleep. Sharing the bed will interfere with the sleep study.
- Notify the Sleep Center [\(210\) 614-6000](tel:210-614-6000) if you have any specific needs (wheelchair, medication assistance, shift worker with unusual bedtime, personal care assistant, lifting devices, incontinence pads, special bed).

**\*\*\*If you must cancel, call at least 24hrs prior to your scheduled test date to avoid a cancellation fee.\*\*\***

### DAY OF YOUR STUDY:

- Make sure to eat supper *before* you arrive at the Sleep Center. You may bring a small snack if needed (diabetics).
- Do not take any naps 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. Men: if you have a beard, it will not be a problem. If you are normally clean-shaven, or if you have light stubble, please shave before or after your arrival.
- Please do not use any conditioner, gel, mousse, hairspray or body lotions before your test.
- **Please don't forget to bring your picture ID and insurance identification.**

## SPECIAL NEEDS

If you currently use any of the items listed below or have any other special needs, please call the Sleep Center as soon as possible:

- |                              |   |                            |
|------------------------------|---|----------------------------|
| • <b>Wheelchair</b>          | • <b>Medication assistance</b>              | • <b>Incontinence pads</b> |
| • <b>Lifting Devices</b>     | • <b>Personal Care Assistant</b>            | • <b>Recliner</b>          |
| • <b>Supplemental Oxygen</b> | • <b>Shift Worker with unusual bed time</b> |                            |

## HOW TO CANCEL OR RESCHEDULE?

- If you need to cancel your appointment, please call the Sleep Center **as soon as possible**. You must speak with a staff member on the phone. **DO NOT LEAVE A MESSAGE.**
- **A no-show fee may apply if you do not call ahead to cancel at least 1 business days prior to your study** you will be billed \$100.00 (Mon-Thurs) or \$200.00 (Fri-Sun) prior to rescheduling a second time. Payment of any co-pays, co-insurance and/or deductibles must be made as well. STRC will not reschedule a 3<sup>rd</sup> time. Any non payments will be forwarded to a 3<sup>rd</sup> party collection company after 90 days. Payment failure may affect your credit history.
- For your study we have assigned a highly-trained technologist to be present for a total of 12 hours. It is very costly to our organization if we have to send this person home. A number of patients are waiting to get in for testing. If you cancel or no-show, your unused appointment could have been given to someone else.
- If you are not at the Sleep Center by **45 minutes after your scheduled time** and have not notified us, you will be marked as a no-show and charged the cancellation fee.

## WHAT TO EXPECT AFTER YOUR STUDY?

Once the study is complete it needs to be reviewed by a sleep specialist to make a diagnosis and decide on the best course of action to treat your sleep problems. You will not be given any information about your study results until your referring physician or sleep specialist has had a chance to review the results. **Please do not ask the technologist for results the morning after your sleep study.** A final report will be faxed to your referring physician within 3-7 business days. You should schedule a follow-up visit with the doctor who referred you for your study **or** one of our sleep specialists by calling [\(210\) 614-6000](tel:210-614-6000). It is always best to ask your doctor who you should be scheduling this follow up with as some doctors would rather discuss the results with you themselves. **It may take 3-7 business days to properly evaluate your sleep study and have your results.**

**If you have any questions or concerns, please call the Sleep Center at [\(210\) 614-6000](tel:210-614-6000),  
Monday–Friday, 8:30 am to 5 pm.  
AFTER HOURS & WEEKENDS: [210-888-1720](tel:210-888-1720)  
If there is no answer, please leave a message.**