Patient Instructions for Sleep Study

You have been scheduled for a sleep study at Homestead Hospital Sleep Diagnostic Center. The following information concerns your appointment. It also contains a brief explanation of the procedure and a list of instructions. Please call us at 786-243-8523 if you have any questions.

You may be scheduled for a day or a nighttime study depending on your regular sleep pattern and your physician’s orders. It is a noninvasive and painless procedure. Electrodes will be placed on your head, face and body to monitor your brain waves, heart rate, oxygen saturation, eye movement, chin movement, respiratory pattern and leg movements. The electrodes will be removed at the end of the test; the paste used to help gather accuracy of the brain waves can be removed with soap, water or an adhesive remover. All products used at our facility are hypoallergenic and our equipment is state-of-the-art, and is carefully monitored for patient safety and comfort. You will be awakened early in the morning after your overnight stay.

Cancellation Policy

- If you need to cancel or reschedule your sleep study, please call our scheduling department 24 hours prior to your reservation at 786-573-6000, Monday-Friday, 8 a.m.-6 p.m.

Please note that we have patients on a cancellation waitlist who are able to come in sooner. So if you need to cancel, please call us as soon as you can so that we may accommodate our other patients. Your compliance with this policy is greatly appreciated.

General Information

- You should be feeling well the day and night of your study. If you are experiencing any medical conditions such as a cold or flu-like symptoms, pain or discomfort, please be sure to advise the sleep laboratory in advance.
- Sleep studies are considered an outpatient procedure, so medications are not provided at Homestead Hospital Sleep Diagnostic Center.
- Each room is equipped with satellite or cable television.
- The following morning you will be given a light breakfast, such as coffee, juice, and a bakery item.

What to Bring With You

- Picture ID.
- Insurance card.
- Pajamas or whatever clothing you usually sleep in.
- A list of all your current medications. Take all prescribed medications before you come in for your sleep study.
- A book to keep you entertained until bedtime.
- An overnight bag with your toiletries and other essential personal items.

Recommendations

To obtain the highest-quality recording, we recommend that on the day of your study you:

- Do not drink any beverages containing caffeine after 12 noon.
- Do not drink alcohol.
- Do not take any naps.
- Shampoo your hair (your hair must be clean and dry), but do not use any oils, lotions or hairspray.
- Eat prior to your study.
Frequently Asked Questions

Will the entire test take only one night?
Most of the time, it only takes one night. Most tests are made up of two parts: a baseline and a CPAP. CPAP (Continuous Positive Airway Pressure) is the treatment most effective for obstructive sleep apnea. Whenever possible, these tests are done on the same night, but in some cases events occur late in the night and an accurate result requires an additional night to complete the CPAP portion. The diagnosis of sleep disorders is made by our sleep medicine physicians, not by the technologists performing the test.

What happens with the test after the study?
Your sleep study will be scored by a registered sleep technologist and then interpreted by a credentialed physician. The sleep study interpretation will include a diagnosis and recommended treatment. The final report will be forwarded to your referring physician within five business days.

Your Sleep Diagnostic Visit at a Glance

1. You will be greeted by a registered sleep technician.
2. You fill out the required forms.
3. Education video will be shown.
4. Electrode placement will begin.
5. Lights out and observation begins.
6. Lights on will be at 5 a.m.; a light breakfast will be served.
7. Please follow up with your referring physician.
Directions to Homestead Hospital Sleep Diagnostic Center

975 Baptist Way • Homestead