

# The Center for Respiratory and Sleep Disorders

Patient Name: \_\_\_\_\_

Appointment date for sleep study: \_\_\_\_\_

Arrival time for sleep study: \_\_\_\_\_

Follow-up appointment to receive results: \_\_\_\_\_

*Note: Most results are available within 7-10 business days.*

***Please be aware that a \$100 fee will be charged if less than a 24-hour notice is given or you do not show for your study.***

**Referral needed:** YES NO

**Patient to bring referral:** YES NO

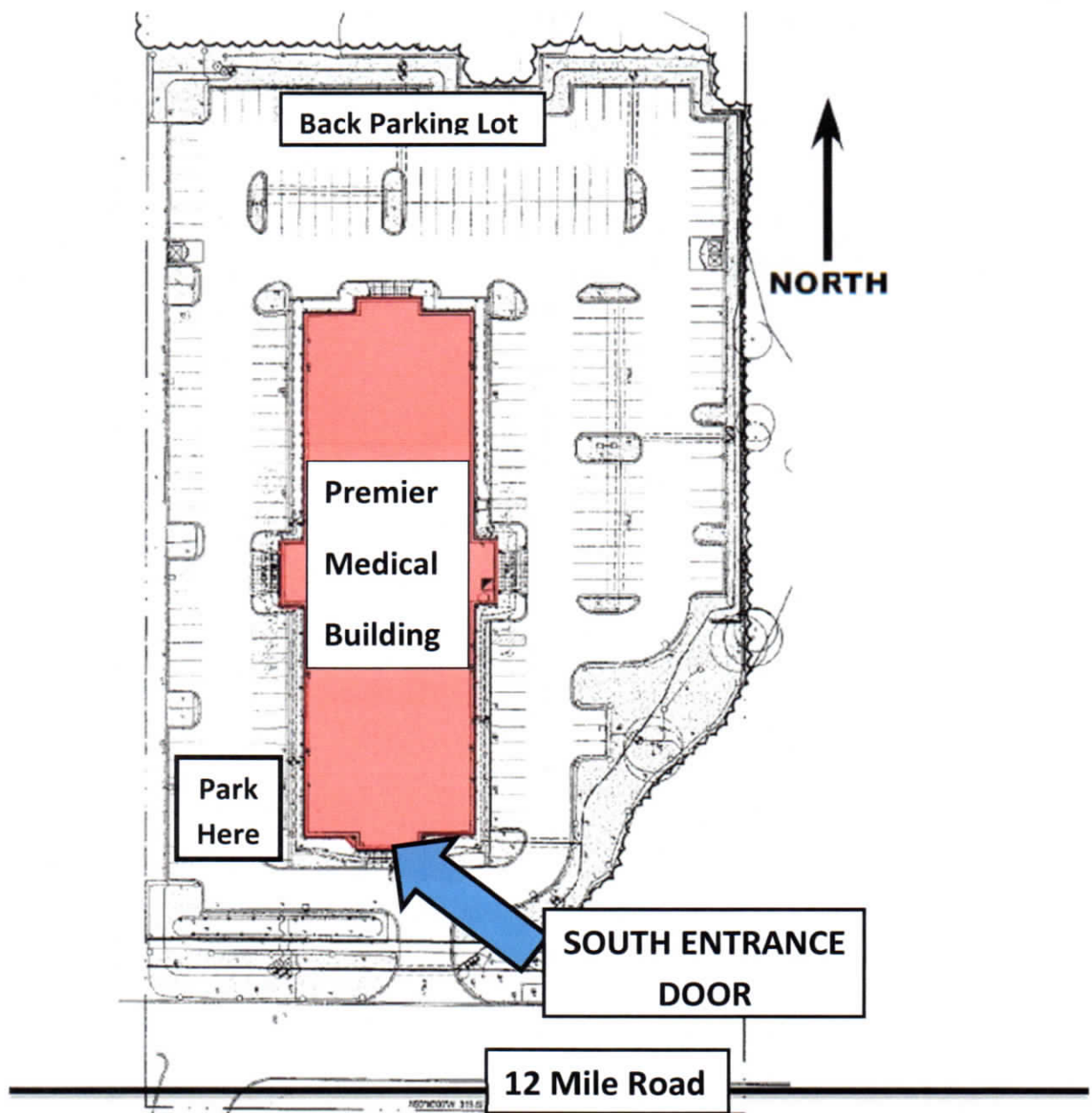
## **INSTRUCTIONS FOR THE DAY OF THE STUDY**

1. Do not take any naps the day of your study.
2. Shampoo your hair before you arrive. Do not use gel or conditioner. Your face should be free of make-up. Do not use lotion on your body.
3. Do not drink coffee or caffeinated beverages 6 hours prior to your appointment. To assure accurate information, alcohol is not allowed on the day of the study. We reserve the right to refuse treatment to anyone appearing to be under the influence of drugs and/or alcohol.
4. Maintain your usual daytime schedule. Avoid heavy physical exercise and heavy meals the day of your test.
5. Bring any medications that you need to take while you are here. You should take medication as you normally would at home. No medication will be provided by our staff.
6. You are to wear conventional sleeping attire, such as 2 piece pajamas or shorts and a shirt. Patients are not allowed to wear nightgowns, sleep only in underwear, or sleep in the nude.
7. Please bring in toiletries and extra clothes if you wish to change in the morning.
8. You may bring your own pillow if you wish. Televisions with DVD players are available.
9. The process of being "hooked up" to the sleep recording equipment includes wires being placed on your scalp, face, chest and legs. An oxygen monitor will be placed on your finger or ear. These wires and belts will be used to record your brain waves (EEG) and your muscle tone (EMG), heart rate and rhythm (EKG) and measure how well you are breathing. If you need to use the restroom, you will be disconnected from the equipment.
10. Each room has an intercom to allow you and the technicians to communicate.
11. Unless special approval is given, NO friends or family members are allowed to stay with you
12. If the patient is under 18 years of age, an adult family member must stay for the duration of the sleep testing.
13. Arrangements for patients with any special needs, must be made at the time your appointment is made.
14. The Center for Respiratory and Sleep Disorders does not provide any food or drinks. You are welcome to bring your own.
15. MSLT studies require patients to stay from the previous night into the late afternoon the following day. It is extremely important to bring your own food, beverage and activities to last for the duration of the testing.
16. Patients and/or caregivers are not allowed to leave the office once they have arrived.

I have received and understand these instructions:

Name \_\_\_\_\_ Date \_\_\_\_\_

## The Center for Respiratory and Sleep Disorders



**Entrance Instructions:** Walk to the South Entrance Door (door facing 12 Mile Road). When you are at the South entrance doors, there is a door bell to your right. Ring the doorbell to notify the Sleep Technician you have arrived. The technician will come to the door to escort you into the building.

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# The Center for Respiratory and Sleep Disorders

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## Procedure to get into the building:

You will enter the building through the **South entrance** doors (the doors facing 12 Mile Road). When you arrive at the doors:

1. Press the doorbell/buzzer on the right side.
2. This will notify the Sleep Technician of your arrival
3. The technician will come and open the doors for you.

Usually it will only take a minute or two for the technician to come to the door. However, please note: If the Sleep Technician is caring for another patient, it may take a little longer.

In the unlikely event you are unable to enter the building, please take the following steps:

1. Call the office at: **248-465-9253** and the person on the other end of the line will be able to assist you.
2. If additional assistance is needed, call Dr. MacDonald directly at: **313-408-8411**

## Tips to remember:

- Park in the marked parking space, as near to the South Entrance as possible
- Since you will be walking through the parking lot, pay attention to your surroundings to prevent any mishaps.
- Lock your car and make sure to take your valuables with you.
- In the case of inclement weather, wear appropriate clothing in case you need to wait a minute or two outside the building.
- Make sure you have a charged cell phone with you.

*Please note: While you are in our office for your sleep study, you will not be allowed to enter any other parts of the Premier Building, except in the event of an emergency.*