



**Sleep Disorders Center**

**LOCATIONS:**

Chicago, Illinois 60611

Grayslake, Illinois 60030

**Patient Name:** \_\_\_\_\_ **Appointment Date / Time:** \_\_\_\_\_

**ABOUT YOUR SLEEP STUDY**

**A POLYSOMNOGRAM? WHAT IS IT?**

A polysomnogram, abbreviated PSG, is a sleep study. It is a recording of many important body functions and measurements. During sleep testing, these body functions are monitored using several devices. Specifically,

- Small metal or adhesive discs (called electrodes) with paste are applied to your scalp and skin to monitor brain, heart and muscle.
- Flexible elastic belts are placed around your chest and abdomen to monitor your breathing efforts.
- A soft plastic cannula is placed in your nostrils to monitor airflow.
- A clip is placed on your index finger to monitor the level of oxygen in your blood.
- Your sleep will also be recorded on video for diagnostic purposes.

**WHAT IF MY DOCTOR ORDERED CPAP / BiPAP?**

PAP stands for *positive airway pressure*. It is a device that includes a small mask that fits around your nose, in your nose, or around your nose and mouth. It delivers a continuous amount of pressurized air to keep your airway open at night. If a breathing problem is seen during your study, the technician may wake you and ask you to try this device. Before your study begins, the technician will explain the use and purpose of PAP therapy and you will be given various masks to try on to determine the most comfortable fit for you.

**WHAT IS AN MSLT / MWT?**

If you are scheduled for a “nap study” on the day following the evening of your sleep study, plan on staying with us until about 7:30 p.m. the day after your overnight PSG. This additional test, called a *multiple sleep latency test (MSLT)* or *maintenance of wakefulness test (MWT)*, involves a series of short naps scheduled at set intervals throughout the day. Your sleep patterns will be monitored with most of the same recording equipment used the night before. A small boxed lunch will be provided; however, please feel free to bring your own lunch or snacks as well.

**WHERE TO GO**

• LOCATION:

- 676 North St. Clair (Arkes Pavilion), 7<sup>th</sup> floor, Suite 701, Chicago, IL 60611
- 201 E. Huron (Galter Pavilion), 7<sup>th</sup> floor, Suite 138, Chicago, IL 60611
- 1475 E. Belvidere Road, 2<sup>nd</sup> floor, Suite 203, Grayslake, IL 60030

-Directions to the hospital are provided on our website [www.nm.org](http://www.nm.org) or by calling the hospital at (312) 926-2000

**Galter:** For security, doors to the Galter Pavilion will be **locked** after 6:00 p.m. and bridge access from the parking garage will be closed after 6:00pm. For your convenience, please park and enter through Feinberg Pavilion (251 E. Huron).

**Arkes:** Bridge access to Arkes Pavilion from 2<sup>nd</sup> floor Galter will be closed after 11:00 p.m. Please enter Arkes through main street level.

**Grayslake:** Access through the main doors of Pavilion A at Grayslake will be closed after 9pm. Please arrive before this time and check in with Registration before proceeding to the Sleep Lab.

- **PARKING:** Validated parking is available in the **Huron-St. Clair Self Park Garage, 221 E. Superior** located directly across from the hospital for the **downtown Chicago campus**. The Sleep Technician will provide you with a **discounted parking voucher** (cost to you will be approximately \$21). *Rates are subject to change without notice.*

### **WHAT TO BRING**

- **MEDICATIONS:** Please provide a complete list of medications and identify those that you will need to take during your test. Medications must be in its original prescription container or vial/pen. Please let the technician know if you are diabetic.
- **INSURANCE INFORMATION:** Insurance card and your referral/order for test.
- **QUESTIONNAIRES:** Complete the attached questionnaire and sleep journal and bring with you for your appointment.
- **TOILETRIES:** Toothbrush, toothpaste, deodorant, shaving supplies, shampoo etc. You will have access to a bathroom and shower.
- **SLEEPWEAR:** For ease of hook-up we ask that both men and women bring loose-fitting sleepwear.
- **ANYTHING ELSE:** Snacks, special blanket/pillow . . . if it will make you more comfortable, bring it.

### **WHAT TO AVOID ON THE DAY OF YOUR STUDY**

- **CAFFEINE:** DO NOT consume any caffeine (coffee, tea, chocolate, soda, etc.) past noon on the day of your test.
- **ALCOHOL:** DO NOT drink any alcoholic beverages on the day of the study.
- **SMOKING:** Northwestern is a **NO SMOKING** facility.
- **HAIR / SKIN PRODUCTS:** Avoid heavy hairspray, gel, makeup and body creams. **Remove acrylic nails and nail polish** from your index fingers. If you have a **hair weave**, please note that we need to have access to the scalp to apply monitoring devices and you may need to remove weave.

### **BILLING, RESULTS and OTHER INFORMATION**

- **BILLING:** You will receive **two** separate bills for this test – a hospital bill for the test itself, and a physician bill for test interpretation.
- **INSURANCE:** Most insurance carriers cover all or a portion of the charges for this test, however, we encourage you to contact your insurance carrier for specific coverage information. In addition, pre-authorization may be required and your physician’s office will complete this. In the event it is not authorized before your appointment, the Sleep Lab will contact you to reschedule.
- **RESULTS:** Results will be sent to your referring physician within 2-3 business days from when your study is completed. If you have any questions about your results, please contact your referring physician’s office directly.
- **SPECIAL ASSISTANCE:** If you will require special assistance (e.g., wheelchair), please call ahead of time so arrangements can be made.
- **CANCELLATIONS:** Cancellation of a study is requested 24 hours in advance of your scheduled appointment time. If you are sick (e.g. head and chest colds) on the evening of your scheduled appointment, please call Central Scheduling to reschedule your appointment
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For any questions regarding your appointment, please call (312) 926-2650 for downtown and (847) 535-8000, option 1 for Grayslake during business hours: Monday - Friday 8:00a.m. – 5:00 p.m.