

When do I turn in my paperwork? All paperwork should be turned in prior to testing.

What time can I arrive for my sleep study? You can arrive as early as 7:00pm and wait in the lobby until a staff member comes to walk you back to your room. Most appointments are scheduled for 8:30pm. **Dismissal time is between 6:00 am & 6:30 am.**

Is there a setup charge if I do not show up for my scheduled appointment? Yes. A setup charge is incurred if our office was not notified at least 24 hours in advance to cancel the appointment.

How do I prepare for the sleep study? Review the “How to Prepare For Your Sleep Study” pamphlet. Take all routine medications as prescribed. Come freshly showered. Stick to your usual eating habits.

What does a sleep study monitor? An in lab sleep study monitors the heart, brain, respiratory changes, body movements, snoring, and blood oxygen levels through the more than 20 electrodes/sensors. These sensors are placed on the head, face, neck, chest, waist, legs, and hand. A home sleep apnea test monitors respiratory effort, flow, heart rate, and blood oxygen levels. The in lab is a far more comprehensive screening.

Is there a shower and/or bathroom available? Each room is private and has a half bath, but no shower.

What happens if I have to get up to go to the bathroom during the test? A staff member will make a simple disconnection, taking only a few seconds, and then you will be free to go to the restroom on your own.

Can someone stay the night with me during the sleep study? All testing rooms are single occupancy. An attendant, family member or friend may stay overnight if medically necessary, or if the patient is a minor.

Will I be given something to help me sleep? Sleep sedatives are not kept at the sleep center. If you feel you need a sedative, talk to your doctor about an over the counter or prescription sleep aid.

Is there WIFI/phone available? Yes we have guest Wifi. We do have a phone for emergency calls only.

How am I going to sleep with all those wires on me? On average, our patients sleep between five and six hours during their sleep study. The vast majority of our patients are able to sleep better than they expected.

When will I receive my results? Within ten business days, often sooner.

Can I smoke during the test? RRSC policy currently prohibits smoking/tobacco use once the electrodes are in place. A final smoking period may be provided just before the wires are placed. RRSC does not permit the use of smokeless tobacco or electronic smoking devices of any kind.

What can I do about any residue left in my hair? While in the shower, lean your head back and rinse your hair with warm water only. Then wash your hair using your regular shampoo. Avoid getting into your eyes.

If I do have sleep apnea, when will I receive my equipment to begin home therapy? This process may be delayed when insurance companies require precertification. In most cases it will within 10 business days.



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