



CROUSE SLEEP SERVICESSM

A Service of Crouse Health

739 Irving Avenue, Suite 530, Syracuse, NY 13210
Phone: 315-470-7440 Fax: 315-470-7413

ARRIVAL TIME: _____

APPOINTMENT DATE: _____

THE SLEEP DISORDERS FACILITY OF CROUSE HOSPITAL INSTRUCTIONS TO PATIENTS SCHEDULED FOR SLEEP RECORDINGS

1. Avoid alcoholic beverages, tranquilizers or sedatives on the day of your study unless otherwise instructed.
2. Do not use coffee or beverages containing caffeine after 2 PM on the day of your study (if you are scheduled for nap tests do not use caffeine beverages during the day of the nap tests).
3. Try to maintain a usual daytime schedule (avoid **unusual** physical exercise or meals). **Do not** take naps on the day of your study unless instructed to do so.
4. Please **shower and shampoo your hair** prior to arrival for the test as this improves the quality of the recording. Do not use oily treatments or conditioners after shampoo.
5. You may want to shower in the morning. Bring toiletries and a change of clothes if you wish. Private bathrooms and a shower are available.
6. This is an outpatient procedure (test). Therefore, nursing services and medications are **not** provided. If you take regular medications, **bring them with you** and take them on the schedule you do at home. Bring a snack if needed.
7. We ask that you wear your normal comfortable sleeping attire. (Females-avoid gowns; top and bottom pajamas are better) **You may bring your own pillow (s).**
8. The sleep study technician will greet you when you arrive at the Sleep Disorders Facility and show you to your room for the test. **Please Park in the CNY Building Parking Garage and report the Crouse Hospital Security Officer located in the Main Lobby or the CNY Prompt Care Offices. This Officer will escort you to Suite 530.**
9. The technician will apply several small gold electrodes to the scalp with a paste. One electrode each will be taped beside the eyes. Also, electrodes may be taped near the nose and mouth, the chest, legs, and/or arms depending on the test ordered by the physician. This is a painless process and the skin is not broken.
10. If you are scheduled for a nap test you will be given a menu to select breakfast and lunch.
Over

11. You will then be allowed to relax and prepare for sleep. We ask that you try to adhere to the bedtime previously established for you. The monitoring electrodes attached to you will not cause any major restriction to your movement while sleeping.
12. An intercom is turned on in each room and you can call out to the technician during the night if you wish to get out of bed (e.g. to go to the bathroom). Your wires will be unplugged so that you can move freely.
13. **Please completely read the Frequently asked Questions Sheet.**
14. Our aim is to provide the best test and evaluation of your sleep that is possible. Your cooperation is appreciated. Thank You! **Please call 470-7440 if you have any questions.**

Crouse Hospital Sleep Services Department Guide to Insurance

Insurance companies may vary with regards to coverage for Sleep Disorders services, however, we have found that most will cover at the same rate as they would for any other outpatient procedure (this includes Medicare and Medicaid).

We strongly encourage you to check your coverage by calling your insurance company directly before any testing is performed to find out what your benefits are.

1. Call the customer service representative for your insurance company. You should have the telephone number listed on the back of the insurance card or in your benefits manual.
2. Tell the customer service representative that you are calling to check on coverage for sleep disorders services to be done at Crouse Hospital. All of our services are done on an outpatient basis and are done at our facility (proceeding to accreditation as a sleep center). The following CPT (procedure) codes, as well as cost, are listed to assist them in their determination (some or all of these procedures may be recommended by your doctor):

Polysomnogram (Sleep Study) - 95810	\$ 1,641.00
MSLT (Nap Series) - 95805	\$ 1,336.00
2nd Night CPAP Titration Study - 95811	\$ 1,728.00
MWT (Maintenance of Wakefulness Test) - 95805	\$ 1,336.00

3. If Crouse Hospital is listed as a preferred provider then all visits *should* be covered, however, as above, we strongly recommend that you personally contact your insurance company before any testing is performed to find out what your benefits are for both the testing and professional services rendered by your doctor. All charges for testing and technical studies are submitted by Crouse Hospital under its own tax ID number. You will receive a separate bill for the professional services related to your doctor's visit.

4. Your insurance company may request a preliminary diagnosis before giving advice about your coverage. Your referring doctor can provide you with this information. If you are self referred, we can provide you with this information only after you have seen a doctor here. Should your insurance company request documentation from the Sleep Lab to indicate the reason for the sleep study, please provide us with the following information: A) Name of person to receive information B) Address of insurance company C) FAX number, if they have one.

5. If you have additional questions or need to make arrangements for payment, you may reach the Crouse Hospital Sleep Disorders Facility at 315-470-7440.

The following worksheet can help you determine your "out - of -pocket" expense:

Total Fees = _____

(-) Percent covered by insurance = _____
(For Example, 80% = 0.8 * fees)

(+) Deductible, if not met = _____

Your "Out of Pocket" Expense = _____

Note: The above worksheet is only an estimate.

Crouse Sleep Services
Frequently Asked Questions
Phone Number 315-470-7440

What is a sleep study?

A sleep study is a specialized test used to diagnose sleep disorders. As the name implies, it is done during sleep. The following sections will describe it in more detail.

How do I prepare for a sleep study?

On the day of the study, please avoid taking naps. You may maintain a semi-normal diet routine. You should eat dinner before arriving at the sleep lab since no meals will be provided. Avoid any caffeine or alcohol after 2PM on the day of your study.

On the day of the study after bathing, you may wash your hair with shampoo, but please do not use hair products including gels, creams and sprays, skin lotion, face makeup, fingernail polish or acrylic nails as they interfere with the special glue used to hold the electrodes to your scalp. Men who are normally clean shaven should shave well.

If excessive daytime sleepiness is one of your difficulties, please arrange to have someone to drive you to and from your appointment. Remember that excessive daytime sleepiness may be dangerous to you and others when you drive.

Items to Bring with You:

- Insurance card and another form of ID.
- Comfortable bed clothes, preferably 2-piece pajamas. Robe and slippers, if you require them.
- It is often a good idea to bring your own pillow so you will have a familiar comfort from home. Blankets and pillows will be provided by the Sleep Lab.
- A list of current medications and doses.
- All prescription and non-prescription medications you will need. You will need to be able to self-administer all medications as there is no nurse available to assist you.
- Personal toilet items.
- A snack, if needed, for special dietary reasons.
- A change of clothes, if you want, for the next day.
- Something to read or work on while awake during the non-sleep periods.

What happens when I get scheduled for a sleep study at Crouse Sleep Services?

Your sleep study will be scheduled at the Crouse Sleep Services located on the fifth floor, CNY building (739 Irving Avenue, Syracuse), suite 530. On the night of your study, report to PromptCare on the first floor, CNY building (739 Irving Avenue, Syracuse) at 8:00PM. You will be escorted to the sleep lab. You will be introduced to the sleep technician who will briefly explain the night's agenda and you will change into your sleepwear.

What happens next?

In order to monitor your sleep, the technician will apply various sensors to your head, face, chest and legs. These sensors will enable us to look at your breathing patterns, oxygen levels and sleep stages during the night to determine if your sleep is being disturbed.

The wires from these sensors are plugged into an amplifier which sends them to a computer located in an adjacent room. Your technician will monitor the readings from the other room throughout the night and assist you if you have any problems. Getting up to go to the restroom is no problem, but try to avoid excessive liquids after 6PM.

At approximately 5:30 AM your sleep study will be complete. The technician will wake you up and remove the sensors. If you wish, you will be able to take a shower, and after that you are free to leave.

What are these sensors and what information do they collect?

Each sensor plays an important part in diagnosing any sleep disorder you may have. They are all non-invasive so there is no pain involved. Here is a list of what they are and what they do:

Measuring Your Airflow:

A sensor will be placed on your upper lip to monitor the airflow through your nose and mouth. During periods of sleep apnea the reading becomes flat because there is no air passing over the sensor.

Measuring Your Breathing Effort:

Your breathing effort is measured with two elastic belts that fit around your chest and abdomen. These belts record the movement of each area as you breathe.

Measuring Your Oxygen Level:

An oximeter is used to monitor your blood oxygen level throughout the night. This device will either clip on or be taped on the outside of one finger.

Measuring Your Heart Rate:

Two or three electrodes are attached to your chest area to monitor your heart rate and rhythm which may show abnormalities during sleep.

Measuring Your Brain Waves:

In order to determine your stage of sleep throughout the night, we record your brain waves with seven wires attached to the top and back of your scalp. These sensors may show a correlation between your stage of sleep and breathing abnormalities.

Measuring Your Eye Movements:

Two sensors will be placed near your eyes to record rapid eye movements (REM) during sleep. The REM stage of sleep is associated with dreaming and deep sleep.

Measuring Muscle Tone:

Electrodes attached to your chin and legs measure muscle tone which also helps determine your stage of sleep and if your leg muscles contract during sleep.

How can I sleep with all these things on?

Surprisingly, most people sleep very well. The electrodes and other sensors are placed on the body in such a way as to provide you as much freedom of movement as possible. In addition, all of the electrodes and sensors have long leads (wires) that connect you to the recorders. It has been our experience that people acclimate to the new setting and the electrodes/sensors in a short period of time and are essentially unaware of them after they are in bed and going to sleep. Our technicians are experienced in doing these evaluations and do everything they can to make you as comfortable as possible. And remember, that this is not as much a test as it is simply recording the above measures while you sleep to determine how well or disturbed your sleep is.

Will the electrodes/sensors hurt ?

NO. Sometimes, when cleaning the site where the electrode will be attached, some minor skin irritation may occur, but it is temporary and mild. You may also feel a sensation of warmth where the oxygen measure sensor is placed, but again, this is mild. Generally, these do not cause any significant discomfort or hinder your ability to sleep.

Will I be given a drug to help me sleep ?

NO. In fact, we prefer, as much as medically possible, that you be off all sleeping medications for at least eight (8) days prior to your polysomnographic evaluation. However, please do not stop taking any medication without first consulting your personal physician. The only medications that should be discontinued are those used to keep you alert or to help you sleep.

How is all this information put together?

Your sleep study will be "scored" to determine many things about your nights sleep.

What other tests could be done along with a sleep study?

If there is a suggestion of sleep apnea on your sleep study, the technician may begin CPAP titration to see if it helps improve your sleep. Alternatively, this may be done in another study at a later date.

What is CPAP titration?

CPAP stands for Continuous Positive Airway Pressure and a CPAP machine is the device that delivers the air pressure. In order for you to use CPAP, we have to determine the air pressure needed to keep your airway open during sleep. We use all the same sensors as your initial sleep study and, also, fit you with a CPAP mask that is worn over your nose (similar to an oxygen mask). Air travels through the mask and into your upper airway preventing your airway from collapsing while you sleep. The air pressure is started at its lowest setting and once you are asleep the pressure is increased gradually, especially if you have any apnea events. This continues until your apnea events are eliminated.

What happens to the Sleep Study?

The recording of your sleep will be approximately 1000 pages long, and is scored by our technologist and then interpreted by our Medical Director. This information will be used to determine a diagnosis and treatment recommendations. The final report will be forwarded to your referring physician.