

# 1960 FP CENTER FOR SLEEP DISORDERS

5039 FM 2920 | Spring, Texas 77388 (Sleep Center)

phone: (281) 453-7139 | fax: (281) 453-7121 | [www.1960fp.net](http://www.1960fp.net)

Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_

Please arrive 20 minutes prior to your scheduled appointment time to complete your paperwork or download the forms from our website at [www.1960fp.net](http://www.1960fp.net). Please bring completed paperwork with you to your appointment.

If you need to cancel or reschedule your appointment, please do so at least 24 hours in advance.  
***Late cancellations, late rescheduling, and no-shows are billed at \$250 per occurrence.***

Your physician has requested that you have a sleep study performed. This test is noninvasive and completely painless. We provide a warm and professional setting where you can relax and get a good night's sleep. Every effort has been made to provide you with a comfortable, non-clinical atmosphere.

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.

## **INSTRUCTIONS TO PATIENTS SCHEDULED FOR SLEEP STUDY**

- o Please bathe and shampoo and dry your hair prior to your test. Remove hairpieces and/or extensions before arriving to the sleep center.
- o Avoid using skin creams, oils, or hairspray.
- o Avoid caffeine usage—which includes coffee, most carbonated beverages, and chocolate—by 3:00PM prior to the study.
- o Avoid alcohol usage for at least 12 hours prior to the study.
- o Bring loose-fitting, 2 piece pajamas to sleep in.
- o Feel free to bring your own pillow.
- o Your study will end by approx. 6:00 AM.
- o Take all medications as you would normally take them, unless otherwise instructed.
- o Bring all your medications with you to your study.
- o Try not to take naps during the day if you can help it.
- o Patients 16 yrs and under MUST be accompanied by an adult guardian

Our aim to provide the best test and evaluation of your sleep that is possible. Your cooperation is appreciated. Thank you! **Please call 281-453-7139 if you have any questions.**

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1960 FP Center for  
Sleep Disorders



GOSLING ROAD

FM 2920

## Frequently Asked Questions

### **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. 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.

### **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 will be measured throughout the night:

- Measuring your airflow
- Measuring your breathing effort
- Measuring your oxygen level
- Measuring your heart rate
- Measuring your brain waves
- Measuring your eye movements
- Measuring muscle tone

### **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, Please do not stop taking any medication without first consulting your personal physician

### **How is all this information put together?**

Your sleep study will be "scored" to determine many things about your night's 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 discussed with you by our Medical Director, our Physician that specializes in sleep disorders or the results will be sent to your referring physician to discuss with you if a sleep study only was ordered.