

Important Patient Reminders

Patient Checklist

PLEASE BRING THE FOLLOWING WITH YOU TO THE SLEEP LAB.

- Comfortable sleepwear(tee-shirt/shorts or nightgown)
- Favorite pillow and/or blanket(if you choose)
- Toiletries, toothbrush/paste, comb, shampoo
- Clothes to go home or work in the following day
- Medications prescribed by your physician (**SLEEP STAFF CAN NOT ADMINISTER MEDICATIONS**)
- Reading material if you choose
- **Please bring completed sleep questionnaire and completed Epworth Sleepiness Scale**

The Sleep Center does provide sheets, blankets, pillows and towels.

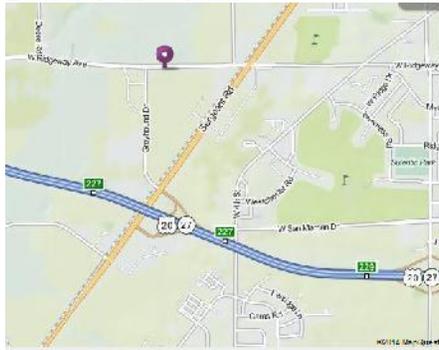
Please be aware of our cancellation policy. If you must reschedule, we require a 48-hour notice. Test scheduled for Saturday or Sunday must be cancelled by 5:00PM of the Friday before the test. If you cancel or miss your appointment without the required notice, we will assess a \$200.00 cancellation fee. This cancellation fee is not covered by insurance.

If you have any additional questions, please call Midwest Sleep Services-

319-505-2897

Cedar Valley Sleep Center is located in the Cedar Valley Cardiology Building at 2413 W. Ridgeway Ave, Ste 1, Waterloo, Iowa 50701. This is on the corner of Greyhound Drive and Ridgeway Avenue. Our Sleep Center is on the far West side of the building.

When you enter our parking lot, proceed to the far west side entrance of the building. There is a Cedar Valley Sleep Center sign on the door, and a doorbell on the side of the door. Ring the doorbell and a technician will escort you into the building. If you have any problems locating us, please call 319-505-2897 for directions.



**Cedar Valley Sleep Center
2413 W. Ridgeway Ave
Suite 1
Waterloo, Iowa 50701
Phone: 319-505-2896
Fax: 319-505-2898**



A Patient's Guide to Having a Sleep Study

Where to go
What to Bring
What to Expect

**2413 West Ridgeway Ave
Suite 1
Waterloo, Iowa 50701**

Phone: 319-505-2896

***We'll help put the "good"
back into good night's sleep***

Cedar Valley Sleep Center, LLC. founded in December of 2012, is a privately owned, for profit, sleep testing/service business. Cedar Valley Sleep Center performs diagnostic sleep testing on patients in the state of Iowa.

Cedar Valley Sleep Center is a fully accredited sleep testing facility. Cedar Valley Sleep Center is Accredited by the Accreditation Commission for Health Care (ACHC).

Our Sleep Testing Center was designed to offer you a refreshing change from the typical healthcare testing site. Comfortable Beds and Comfortable Rooms help our patients relax and find the sleep testing experience more enjoyable. Some patients have actually asked to come back just to sleep in our rooms.

Your physician has prescribed a diagnostic procedure to provide them with more detailed information related to your sleep patterns, and to better understand problems you might be experiencing due to poor sleep behavior.

Cedar Valley Sleep Center employs specially trained and highly qualified sleep technicians who have received training in the field of sleep medicine. Our staff will make every effort to make you comfortable during your test, and will thoroughly explain all procedures to be completed. Our Goal is to get you to sleep.

Your Sleep Study will involve no Needles, X-Rays, or any invasive testing. Painless and Safe is what you can expect.

Sleep Study Information

What is a Sleep Study?

A Sleep Study, known as a Polysomnogram, is a test that will establish the presence of most sleep disorders. During a sleep study, brain and respiratory activity is monitored by a series of electrodes, patches, and monitoring devices. The test is pain-free, and requires at least 6 hours of recording time to make an accurate diagnosis.

What Happens during the Sleep Study?

A technician will meet you at your scheduled time, usually 8-9PM, and will first explain the sleep study procedure to you. The technician will have you fill out some paperwork, explain some therapy options, and begin to hook up the electrodes and monitors. At this time, you will be able to get into bed and begin the test. Most insurance companies require two hours of study without any treatment, and would need at least 4 hours of testing with therapy bringing the total test time to at least 6 hours. There are cases where a patient needs to return for a second night to titrate the CPAP therapy, which is used as treatment for patients with Obstructive Sleep Apnea.

What Can I Bring to the Test?

Please feel free to bring comfortable sleepwear, two-piece with buttons down the front, tee-shirt/shorts. If you wish, bring a favorite pillow or blanket, and what you will wear to go home or to work the next morning. Please bring in your

medications you would normally take as prescribed by your physician, and the material we sent you in the mail. You can also bring a book, or any other reading material. There are bathrooms available, and the monitors can be easily disconnected to allow bathroom use. **Before you come for your testing, please shampoo your hair without conditioner, and do not use hair sprays or tonics in your hair.**

What Happens After the Test?

Normal Sleep testing will last 6-7 hours. **You will be awakened after the study is complete. This is usually between 5:00 to 6:00AM.** After you are unattached from the equipment, you will be asked to complete some final patient questionnaires. After you will be free to go. If you need to arrange for transportation, please make those arrangements prior to scheduling your sleep study.

Getting Your Test Results

Your test results will be available to the referring physician within 3-5days. The results and any recommendations for follow-up treatment are shared with your referring physician. You should refer back to your referring provider to answer questions regarding your results. With certain diagnosed sleep disorders, such as sleep apnea, it might be required for you to return to Cedar Valley Sleep Center for a second night of therapy related testing. Your Physician makes this determination based upon your test results.