



This letter is to confirm your appointment at _____ at the Sleep Center of Central Illinois. The Sleep Center is located at 2204 Eastland Drive, in Bloomington Illinois. This is two blocks East of Veterans Parkway and OSF St. Joseph Medical Center in the Mclean County Neurology Building. Please approach the main entrance and ring the door bell to the right of the door and a Tech will be up to greet you.

You should not consume any caffeine the day of the Sleep Study. We also ask that you try not to nap the day of the study. Leave at least one fingernail free of nail polish.

You will want to bring something comfortable to sleep in, a tee shirt and a pair of shorts would be fine (please do not wear “silky” materials). You may also want to bring any personal items that will make you more comfortable, such as a favorite pillow or stuffed animal. Complete private bath facilities are available and personal toiletries, should you forget something. Do not discontinue any prescription medications unless directed by your physician. Please bring any Medications you may need during your stay.

When you arrive you will be greeted by one of our Sleep Technologists. Please complete the enclosed forms and bring them with you to your visit. If you need assistance in filling out the Medical History and Sleep Questionnaire forms, the Sleep Technologists will assist you. **It is your responsibility to check with your insurance company regarding coverage for these tests.** We will bill your insurance company for you. **Please bring your insurance card with you as we will need to make a photocopy of your card.**

After completion of the brief registration process you will be shown to your bedroom and asked to change into your sleep clothes. The Technologist will then begin the set up procedure. Various sensors will be attached to your body to monitor brain waves, eye movements, muscle activity, respirations, snoring, heart rate, leg movements, and blood oxygen saturation. These sensors are non-invasive and painless to attach. You will be monitored throughout the night. The Technologist may ask you to turn on your side or back during the night. Studies are usually done by 6:30 am the following morning, **unless you have an order to stay for a MSLT study.** If your Dr. has ordered a MSLT, then you need to be prepared to stay as late as 5:00pm the following day. You will have a series of potentially 5 naps - 1 every 2 hours. The Sleep Center will provide you a Continental Breakfast and Lunch during the day. However, if you have special diet needs, you need to alert the Sleep Center ahead of the study. You may also want to bring items such as a book, newspaper, quilting, lap top computer, or DVD/VHS movies to entertain you between naps.

If the first portion of the test indicates that you have Obstructive Sleep Apnea we will, time permitting, initiate treatment. This treatment is Nasal CPAP, (Continuous Positive Airway Pressure). This involves wearing a small mask over your nose that delivers pressure to keep your airway open. The Technologist will control the amount of pressure remotely. This pressure will gradually be increased throughout the night to eliminate all snoring and apnea, and to normalize the oxygen saturation in your blood. We will make every attempt to accomplish this while you are here. Sometimes it is necessary to return another night to complete the CPAP portion of your test.

You will receive the results of your Sleep Study from your physician. We will send those results to your physician within 7 business days.

If you have any questions or concerns, please do not hesitate to call us at **(309) 663-9999**.

*We look forward to seeing you at your appointment and thank you for choosing the
Sleep Center of Central Illinois!*

Visit us at our website: “www.getmyzzz.com”