

Noran Clinic Sleep Center
2828 Chicago Avenue South, Suite 335
Minneapolis, MN 55407

Welcome and thank you for choosing **Noran Clinic Sleep Center**. You are currently scheduled for an appointment at our sleep center on _____ and we would like to provide you with some additional information. We ask that you check in exactly at your appointment check in time as there are preparatory procedures prior to starting the test. If, for any reason, you must cancel your appointment, please do so 24 hours before your scheduled appointment by calling (612) 879-1500 or the Sleep Center **after-hours** line (612) 879-1653.

The day of your sleep test, try to follow your normal routine as much as possible. Be sure to eat dinner before coming to your appointment. If you smoke, you will have to smoke before you enter the building. It is very important that you be **nicotine-free** for at least 2-3 hours before the start of your test.

What to Expect: Upon arrival at the Sleep Center, you will be greeted by staff, who will request your photo ID, and insurance card. You will be asked to sign consent forms for the test. Your technician will escort you to your room and help you with any questions or concerns. The procedures will be explained in detail.

Once you change into your sleep garments, the set up will begin. Electrodes will be placed on your scalp, forehead, near the eyes, on your chin, under the nose, on your legs, around your chest and abdomen and on your finger. **You should not experience any pain or discomfort during this process.** The technician will introduce you to various CPAP masks in the event that one is required to help with breathing during the study. **Please be aware that the process of setting you up for your sleep study may take up to 2 hours.**

What to Bring:

- **Comfortable sleepwear (avoid silks) ex. Two-piece pajama set or sweat pants or shorts & a t-shirt. Pants must be loose fitting and able to be pulled up to knee-level easily for the electrodes to be applied.**
- **Any and all medications that you may require during your stay. This includes medications such as Tylenol or Advil that may be needed in the event you develop a headache. Be aware that we do not supply any medications.**
- **Insurance card & photo ID**
- **Toiletries (toothbrush, toothpaste, contact lens products, comb/hairbrush, etc.)**
- **Clean hair**
- **A change of clothes for the following day**

Optional Items:

- **Favorite pillow/blanket**
- **Reading material**
- **Caffeine-free snack**
- **Special dietary food or items (microwave & refrigerator are available). If you are diabetic please feel free to bring any diabetic food items you require.**

What to Avoid:

- **Naps during day of check in**
- **Caffeine or alcoholic beverages during the day of check in**
- **Gel/spray IN THE HAIR**
- **Creams/lotions**
- **Jewelry**
- **Nail polish or artificial nails**

The Next Morning: Your test will end upon your awakening. Your sleep study will be reviewed by a sleep physician that morning. If there are no significant abnormalities on the overnight portion of the study, **it may be necessary to perform a multiple nap test. Be prepared to stay a total of 24 hours, as this will be required in the event that your doctor orders a nap test.** The purpose of this test is to quantify sleepiness and look for evidence of other sleep disorders. If it is determined you do not require a multiple nap test, your monitoring equipment will be removed. Special adhesive and cream are used for the test, and there may be residual paste on your hair and/or skin. A shower is available for use in your room.

Test Results: The final results will be sent to your physician. Depending on whether or not you stay for a multiple nap test, the results of your overnight study may be discussed with your sleep physician that morning. If you stay for a multiple nap test, you will need to return to the clinic for a follow-up visit to discuss the results of both tests. With certain sleep disorders, such as Sleep Apnea, it may rarely be necessary to conduct a second study. The sleep physician will have a final interpretation of the test results and findings, and recommendations will be discussed with you and sent to your referring physician.

Please note, if you fail to show or cancel less than 24 hours before your scheduled sleep study, Noran Clinic will request \$100 deposit prior to rescheduling. If you show for your rescheduled sleep study, that deposit will be refunded.

If you have any questions, comments or concerns, please do not hesitate to call us. We look forward to seeing you.

Sincerely,
Noran Clinic Sleep Center