

# Sleep Study Instructions

Please follow the instructions printed in this brochure, and arrive promptly at the time of your appointment.

You will spend the scheduled number of nights/ days in a private bedroom with bath located in the Russell Medical Sleep Disorders Center. Upon arrival, at Russell Medical's main entrance, please inform personnel at the Information Desk that you are to have a sleep study performed. Our staff will escort you to the sleep center where we will fully explain your procedure.

The Sleep Disorders Center does not have accommodations to allow family members and/or friends to stay in the room with you. The exceptions are for a patient who is a minor child, or when a pre-approved medical condition mandates constant care. There are several hotel options near Russell Medical for guests traveling with out-of-town patients.

Pre-registration must be completed prior to the day of your study and is required for EACH study you have performed at the center.

- You may pre-register over the phone by calling (256)397-7700 between 8:00 a.m. and 5:00 p.m., Monday-Friday. Inform the registrar you are calling to pre-register for your sleep study. The registrar must have a copy of the orders and other paperwork your physician will provide.
- You will be contacted by the Pre-Access department to pre-register prior to the date of your study. They will ask required questions, and may ask for payment information at this time as well.

## Important Facts to Remember

- Meals will not be provided for patients having an overnight or daytime sleep study. Therefore, be sure to eat prior to your sleep study. **Exceptions: If you have an overnight study with MSLT, breakfast and lunch meals will be provided. MSLT's without overnight study will only have lunch provided.**
- If you are a diabetic, or need a snack before bedtime, you may wish to bring a snack with you.
- ***If you are taking any medications, bring them with you, as well as a current list of all medications you are taking.*** Keep a careful record of any medications you take during the day of your study. Once you arrive for your study, please notify the technician prior to taking any medications.
- Please make sure your hair and face are free of any oils, creams, or lotions. Women need to remove make-up and fingernail polish. Neatly trimmed mustaches and beards normally do not present a problem. If you wear a weave, please contact a member of the sleep center staff prior to study.
- Pack all items you normally would when staying away from home. Please feel free to bring your favorite pillow or blanket for added comfort.
- Underwear, gym shorts, and/or 2-piece pajamas should be worn during your study. Clothing that is 2-piece with buttons in the front is preferred but not required. Please no silk or satin sleepwear; cotton is preferred.
- You should refrain from consuming caffeine at least 4 hours prior to your study. This includes coffee, tea, soft drinks with

caffeine, chocolate, etc. ...

- No smoking is allowed during your testing.
- Avoid daytime or evening naps the day of your study. Do keep your usual exercise habits.
- (Monday-Thursday) Patients should report to the hospital Surgery Registration area at 7:30 p.m. to check-in. (Friday-Sunday) Patients should report to the hospital ER at 7:30pm to check-in.
- We designate 10:00 p.m. as "lights out".
- Patients being "dropped off" for their overnight study should be picked up at the RM Main Lobby around 6:00 a.m.

## ALSO...

- If you are given a questionnaire by your physician, and you have not turned it in prior to your study, you must bring a completed copy with you.
- Russell Medical and the Sleep Disorders Center are not responsible for lost or stolen items. Please check before leaving that you have not left any items behind.
- It is extremely important for you to keep your scheduled appointment. Please contact the Sleep Disorders Center at (256)329-7371 at least 24 hours in advance if you must cancel.
- To reschedule your study please contact the Sleep Disorders Center at (256)329-7371 between 8:00 a.m. and 4:30 p.m., Monday-Friday.
- For more information go to:  
<https://russellcares.com/centers-services/sleep-disorders-center/>

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Russell Medical Sleep Disorders Center is accredited by the American Academy of Sleep Medicine, and we offer four rooms uniquely equipped in a comfortable home-like setting for your overnight evaluation. Amenities include a television, Wi-Fi, reclining chair and personal bathroom.

An experienced staff member will attach sensors to your body and monitor several activities while you sleep, including: brain waves, limb movements, oxygen levels and snoring.

Following your test, a sleep specialist will review your results and give an accurate diagnosis and proper treatment recommendation to your physician.

**Russell Medical Sleep Disorders Center**  
Professional Building  
Russell Medical Center  
3368 Highway 280  
Suite G-16  
Alexander City, AL 35010  
256.329.7371  
www.russellcares.com  
Email: SDC@russellmedcenter.com



**Russell Medical**  
SLEEP DISORDER CENTER

## Sleep Study Instructions

The Russell Medical Sleep Disorders Center is in the Professional Building at Russell Medical.

### Sleep Disorders Center

3368 Highway 280  
Suite G-16  
Alexander City, AL 35010

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Fax: (256)329.7369  
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*Your Sleep Study  
Is Scheduled On:*

At