



Thomas P. Stern, M.D.

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MSLT/MWT Sleep Study- General Information

If you are unable to keep this appointment, please let us know as soon as possible. **Canceling less than 24 hours from your appointment or not showing up for the test will result in a \$100 re-scheduling fee.** We need you to arrive for the nighttime portion of your study at **8:00 pm** the evening of your sleep study, unless other arrangements have been made. Please make note that you will be with us for up to 24 hours depending on factors within your study. If you do not have a nighttime appointment prior to your daytime study, please arrive at 7am the morning of your scheduled study. Please come fully rested, having had a full night's rest, for your daytime study.

Upon arriving at the office, you will be directed to your own private room. You will have access to bathroom facilities, but there are no showers. Sheets, blankets, and pillows are provided. Oxygen concentrators are available for those patients that will require them.

Below is a list of items that will need to be brought and items that are optional. Please keep in mind items that you typically use or handle during your normal bedtime routine. Television will be allowed, but limited to ensure a long enough sleep time for collecting data. Hospital gowns are not provided. Please leave all valuables at home as we are not responsible for lost items. Please note that cell phone usage throughout the night will not be permitted, unless there is an emergency to allow for uninterrupted sleep.

Please bring the following:

- Socks (*for children a must!*)
- 2 piece comfortable pajamas (*undergarments alone are not acceptable*)
- Toiletries (*tooth brush, toothpaste, etc*)
- Medications that will be taken during your stay
- Food for breakfast/lunch (Refrigerator and Microwave available)
- Beverages (must be caffeine free) (water available)

Optional, but allowed:

- Favorite stuffed animal
- Your personal pillow or blanket
- Slippers
- Book / Magazine for bedtime
- Snacks

Reminders:

- Please be sure to have a light, early dinner before you come for your overnight study.
- Be sure to bring breakfast, lunch and beverages for your time spent with us during the day. (You can order delivery at your own expense)
- Continue all of your regular medications unless otherwise directed by your physician.
- Please avoid caffeine contained in teas, coffee, colas or chocolate after lunch the day of the study. All other diet and exercise habits should remain as normal.
- Smoking is not permitted inside the building or after the study has begun.
- Since electrodes will be applied to your face and scalp, it's imperative that these areas are clean and dry. Please shower and wash your hair before your arrival, but do not use cream rinse, hair gel, oil, or spray.
- Please do not use makeup, body lotions, or fingernail polish and be aware that tight weaves or hair pieces close to the scalp may need to be removed in order to place the electrodes directly on the scalp.
- Please check with the staff regarding beards or mustaches to verify that they will not interfere with any of the sleep equipment.
- Please arrive as close to your scheduled time as possible. Our schedule does not permit extremely late or early arrivals. If you anticipate being late or if you find you cannot keep your appointment, please call us as soon as possible

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Sleep Study – What to Expect

Approximately 10-15 electrodes will be applied to your head, chest, and legs. The electrodes are very small and virtually weightless. They will be used to record brain waves, breathing pattern, heart rhythm, and leg movements. A technologist will be monitoring you throughout the night and will be available at any time if you need assistance.

You will be awakened and have the electrodes removed around 5:00 am (pediatrics will be allowed to sleep longer). We are unable to provide accommodations for overnight guests. The exception is for adults with special needs or children under the age of 18 who require the presence of one legal guardian during the study. Following the nighttime portion of the study you will be staying to complete the daytime portion of testing. This will be a series of scheduled naps throughout the day. If transportation is scheduled, you can consult with the attending technologist to determine what time your transportation should arrive in the afternoon for pick up.

Continue all your regular medications unless otherwise directed by your physician. Remember to bring any medications with you that you will need to take during your stay.

Please note: Technologists MAY NOT provide any results of your sleep study in the morning. You should schedule a follow-up appointment with your doctor to review the findings. If CPAP is used during the night, you WILL NOT take a machine home with you in the morning. The study must be reviewed by the physician, the machine ordered and insurance authorization acquired prior to your receiving the equipment. You will be contacted **as soon as possible** to schedule a convenient time to pick up your new CPAP machine and receive instructions on its care and use. Please be assured that we do everything possible to expedite this process.