



BOZEMAN HEALTH
DEACONESS HOSPITAL

PATIENT INSTRUCTIONS PACKET

Dear Patient,

Thank you for choosing Bozeman Health Sleep Disorders Center for your evaluation. Enclosed, please find important information and instructions regarding your upcoming test. Please read through this packet and answer the sleep questionnaire and consent for treatment. Return in the enclosed pre-paid envelope prior to your appointment or bring it with you.

Special Assistance Requirements

Please understand, we are not staffed to render anything other than basic assistance. If you require assistance showering, we ask that you wait to do so when you return home. If you require any other special assistance, please contact us in advance.

Smoking Policy

Please note, there is no smoking permitted on the campus of Bozeman Health Deaconess Hospital.

If you have any questions, or need to address any of the above, please call us at (406) 414-5058. Thank you for the opportunity to serve you.

A handwritten signature in black ink that reads "Jennifer Engle RRT, RPSGT". The signature is written in a cursive style.

Jennifer Engle RRT, RPSGT
Sleep Center Supervisor
Bozeman Health Sleep Disorders Center

PATIENT INSTRUCTIONS

Polysomnography evaluations are quite different from any other medical testing which you may have experienced in the past. This information is meant to inform you of what you may expect while you are a patient at our center.

Study Confirmation

It is necessary for us to be able to confirm your study the day before your study date. If you plan on being out of town or in a place where we cannot reach you, it is your responsibility to call the Sleep Disorders Center to confirm your study. If we are unable to reach you for confirmation, we will need to reschedule your study.

Personal Items

It will be necessary for you to bring your own toiletry items such as toothpaste, hair dryer and brush. Sleeping attire is mandatory. Please bring loose clothing such as pajamas, shorts or sweats, as we will need to run some electrodes under your clothing. You may also want to bring a robe and slippers.

Showering

In the morning, after the electrodes have been removed, you will be able to shower if you desire. A shower and bathroom are located within your room at the Sleep Disorders Center. Please be advised if you require any assistance showering, you will need to wait until you return home to shower. The Sleep Disorders Center is not staffed to aide patients in showering or dressing.

The paste used to secure electrodes to your scalp is water soluble, but it takes a little more time than usual under the shower and your hair may require shampooing.

After the Study

Please allow 14 days for your physician to receive the results of your sleep study.

Meals

We provide meal vouchers to the coffee shop or cafeteria. They open at 7:00 A.M. Coffee and juice are also available in the Sleep Disorders Center. Let us know how we can make your stay comfortable.

PROCEDURES YOU NEED TO FOLLOW:

Please read through this instruction packet in its entirety.

1. Please fill out the enclosed sleep questionnaire and return to the Sleep Disorders Center in the enclosed pre-paid envelope or bring it with you.
2. Report to the Sleep Disorders Center at your scheduled time.
3. If you anticipate needing to reschedule/cancel, please give us a 48 hour notice so we can provide the time slot to another waiting patient.
4. If you anticipate being delayed because of a problem or emergency, please call so that the staff will be aware. If you are unable to reach anyone in the Sleep Disorders Center, please leave us a message.
5. Please shampoo your hair the day you are coming in and use no hair products. This is necessary to ensure a good EEG reading.
6. WOMEN: Please plan on removing acrylic nails and nail polish from at least one finger.
7. MEN: If you have a full beard you do not need to shave, otherwise please be clean shaven or plan on shaving when you arrive. This is necessary for the attachment of certain leads to your chin.
8. Do not take any non-routine naps during the day or evening you are scheduled.
9. Maintain your regular daily schedule and activity level. Do not begin new exercise programs (jogging, swimming, etc.) if you are not already involved in them.
10. The Sleep Disorders Center uses Comfort Select beds for the studies. If you have special requirements, please contact the Sleep Disorders Center.

Your cooperation with the above guidelines is appreciated and necessary to ensure that we receive accurate results from your evaluation. Thank you.