



**Ascension
Seton**

ASCENSION SETON WILLIAMSON AT TEXAS STATE UNIVERSITY

What to Expect During a Sleep Study Appointment

What is a sleep study?

For most patients, a sleep study is a way to check for disturbances in sleep. A sleep study, also called a polysomnogram (PSG), measures brain wave activity, eye movements, muscle contractions, heart activity, breathing and blood oxygenation during sleep. The information we collect during your study is reviewed and analyzed by our sleep specialists.

Before the appointment

1. You will be receiving a link via your email or text for your Registration
2. Registration will call you to go over your benefits and pre-register you for your sleep study. If you have not received a call from admissions within 3 days of your study, please call registration at 512-324-8755. Centralized Scheduling will contact you to confirm within 1-3 days of the study. Please confirm your appointment to guarantee your scheduled appointment.
3. If you have clinical questions or would like more details about the process of the study, equipment used, or specialized needs you can call the Sleep Lab department directly at 512-716-2679 or 512-716-2680 after 8:30 PM.

On the day of the visit

What should I bring the night of the study?

Do Bring:

- Two piece sleepwear
- List of medications to share with the technician
- Medications that will be due during the sleep study or the following morning
- Entertainment iPad, DVDs, etc.
- Comfort items- favorite blanket, pillow, books, etc.

Do Not Bring / Use:

- One piece pajamas or footie pajamas
- Lotion on face or body
- Hair products other than shampoo / dry hair please / no damp hair
- Live animals or pets (if you have service animals, please call the sleep lab before the day of the study)
- Excessive caffeine products or drinks after noon of the night of your test
- Do not take any sleep medications until your technician tells you to

Where do I go?

- Ascension Seton Williamson Sleep Center at Texas State University located at 200 Bobcat Way, Willow Hall, Round Rock, Texas 78665. When you arrive call 512-716-2679 or 512-716-2680. The Sleep Tech will come get you and escort you to the Sleep Center.



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- Directions from north or south IH-35:
 - head **East on University Blvd** towards Seton Williamson
 - turn **right on Seton Parkway**
 - take 2nd **right on BOBCAT WAY** (Willow Hall is on your left)
 - Parking is to your right, please park in the second row designated “Health Professions Client” parking.
- Directions coming from AW Grimes:
 - at the intersection of AW Grimes and University Blvd **turn West onto University Blvd.**
 - turn **left on Seton Parkway**
 - take 2nd **right on BOBCAT WAY** (Willow Hall is on your left)
 - Parking is to your right, please park in the second row designated “Health Professions Client” parking.

When should I arrive?

Appointments are scheduled at either 830pm or 930pm and will typically run until 5:00am to 5:30am, with the exception of MSLTs which will continue throughout the day. You should arrive 20 minutes early to allow time for registration and check in. If your schedule requires an earlier wake up time, please discuss with the sleep tech the night of the study or call the sleep lab at 512-716-2679 or 512-716-2680 after 8:30 pm.

What are the sleep accommodations?

Patients will sleep in a private room on a regular bed. Please feel free to bring items that make you comfortable (favorite pillow, blanket, etc.)

If you are sick?

If you are sick, it will be important to reschedule.

What will be placed on me during the study?

After changing into sleepwear, the sleep technologist will place a number of non—painful sensors (also called electrodes) on his/her head, chest area and legs. The areas where the sensors will be attached are cleaned and the electrodes are attached with special gels and paste. (The gels and paste are harmless; however, if you have sensitive skin, please alert the sleep technologist prior to attaching the electrodes.) Elastic belts with sensors will be placed around your chest and abdomen. Airflow sensors will be placed in his/her nose and a finger sensor will be applied to monitor oxygen levels. All of the sensors will be connected to a small portable box that transmits signals to the sleep monitoring and recording equipment that is in a nearby control room.

Will Food be provided?

Unfortunately there is no cafeteria. it will be important to have a good light meal before you arrive.

What if I need to cancel or reschedule?



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If you need to cancel or reschedule, we ask that you call at least 24 hours before the study. You can call our centralized scheduling department at 512-324-1199.

What happens after the sleep study?

A large amount of information is collected during your sleep study. A sleep specialist will analyze this information and a report with recommendations will be sent to your doctor. On the night of the study, the sleep technologists cannot provide you with any information about your testing results. Results will be sent to the ordering physician within 3 days of the study. If you do not receive results within 2 weeks call 512-716-2679 or 512-716-2680 after 8:30 pm.

How do I contact if I have questions?

- For scheduling, rescheduling, or cancellations - **(512) 324-1199**
- For questions about benefits, payments, and registration - **512-324-8755**
- For questions about the actual study or accommodations - **512-716-2679 or 512-716-2680, after 8:30 PM**
- If running late on for the appointment - **512-716-2679 or 512-716-2680, after 8:30 PM**