



METROLINA MEDICAL ASSOCIATES SLEEP CENTER

Metrolina Medical Associates offers a full service ACHC accredited sleep center located at our office, for your convenience. We are committed to providing the best possible care to our patients. Our technical staff has extensive training in sleep technology and respiratory care.

There are four types of sleep studies. A PSG is a diagnostic study performed to determine if a patient has obstructive sleep apnea or other possible sleep disorders. A CPAP titration study is performed to determine the appropriate CPAP pressure needed to eliminate sleep disturbances. A combined study is occasionally performed where the PSG and CPAP study are both accomplished in one night. An MSLT is a daytime study consisting of a series of naps taken during the day to evaluate the patient's "natural sleepiness". You will be contacted the day before your sleep study to confirm your appointment.

Your appointment is scheduled on: _____ arrive at 9:00 PM.

You should arrive at your appointed time above. We cannot accommodate patients before 9:00 PM. The hook-up procedure takes approximately 45 minutes to complete. If you miss your appointed time, a delay in your hook-up may occur. When you arrive a technician will greet you and direct you to your room. If you find that you cannot come to your appointment, please give the practice at least forty-eight (48) hours notice. Cancellations made with less than forty-eight (48) hours notice are charged a fee of \$75.00. Failure to keep an appointment will result in a no show charge of \$150.00.

We have a few instructions for you to follow on the day of your study. Follow these closely to help us get accurate information and to help you get a good night of sleep.

1. Bring Comfortable clothing/pajamas to sleep in
2. No hair extensions, weave, braids or hair pieces are allowed
3. Avoid taking naps if at all possible
4. Avoid caffeine after 12 noon (soda, tea, coffee, chocolate, etc.)
5. Hair should be clean. No oils, conditionals or treatments in hair.
6. Skin should be free of lotions and/or makeup
7. Take your usual medications unless otherwise directed by your physician
8. Remove all fingernail polish before arrival to the sleep center
9. Spouses and family members are welcome to stay for the hook up procedure, but are not allowed to stay overnight with the patient unless approved by the Medical Director.
10. Parents or guardians are required to stay overnight for patients under the age of eighteen.
11. Wake up time is 5:00 AM and discharge is 5:30 AM. Technicians cannot stay past 6:00 AM.

Should you need assistance finding the facility the night of your study, or have any other questions about your sleep study, please call 1-888-239-0616.

ACHC our accrediting body is available for any complaints or concerns regarding your sleep study, please call 1-855-937-2242. Thank you for choosing Metrolina Medical Associates for your sleep health.

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You have been scheduled for a sleep study. This information is provided to acquaint you with the process. The sleep center is located at Metrolina Medical Associates, 2670 Mills Park Dr, Rock Hill, SC 29732. Upon your arrival at 9:00 p.m. please enter through the main Metrolina Medical Associates entrance (on the west side of the building facing India Hook road) and take the elevator to the second floor.

You will be sleeping in a comfortable private room. Our technologists will monitor you using cameras and sensors from their location in a separate room.

Our monitoring method uses closed-circuit video cameras that allow the technologists to actually see you while you sleep and record your sleep for our physicians to evaluate. These cameras are equipped to allow viewing in a dark room. You will be able to talk back and forth to the technologist using an intercom system between the control room and your room.

Also, during your study, we will be monitoring several other items such as brain wave, heart rate, breathing, eye movement and muscle activity. Several sensors are attached to your head and chest with adhesive materials to record this information.

Since you need to be alone during the study, we ask that family members leave after the hook up process.

There are a few things that we need from you, to provide us with the most accurate test results and to ensure your stay is as pleasant as possible. Enclosed you will find questionnaire forms to fill out. You should pay close attention to those questions as you complete the forms. Please bring the completed questionnaire with you and give it to the technician prior to your study.

We routinely confirm all sleep study appointments during the week of the study. However, it is very important that you notify the sleep center as soon as possible if you find that you will not be able to keep this appointment.

Please feel free to contact us if you have any questions or special needs.