



HENRY FORD HOSPITAL SLEEP DISORDERS AND RESEARCH CENTER

INSTRUCTIONS FOR NIGHT STUDY

Macomb Location

Appointment Date _____

Arrival Time: _____

Confirmation Date: _____

Bedtime: _____

We will call to confirm your sleep study appointment the evening/night prior to your test. If there are any problems and you can't make your appointment, please call 313-916-4417 Mon-Friday 8:30-5pm. After hours or on the weekends please call 313-916-3222.

If you are scheduled on Saturday or Sunday night you will be called Friday evening to confirm your appointment.

The Henry Ford Medical Group Sleep Laboratory at Macomb provides services on Fridays, Saturdays and Sundays at this location.

If you are ill or are suffering from any condition which is temporarily disturbing your typical night's sleep or if you have any questions, please call the Sleep Clinic.

Weekdays, Monday through Friday 8:30 am to 5:00 pm (313) 916-4417

Evenings (after 8pm) and weekends (313) 916-3222

(Continued on Reverse Side)

Before you arrive:

- * **This is an outpatient test – nursing and medications are not provided. Please bring your regular medications with you. Bring only the medications you will be taking while you are here. Medications will be held by technical staff during your visit per Hospital Policy.**
- * On the day of the test, please avoid alcoholic beverages. Avoid anything containing caffeine after 3pm (i.e., coffee, tea, chocolate, cola, etc.) Avoid taking any naps on the day of your test.
- * Phone access for **emergencies only** is available (586) 203-1030
- * Shower and shampoo at home prior to arriving for your sleep test. Please do not use conditioner. Men who do not wear a beard should shave, as this improves the quality of the recording. Women should refrain from wearing make-up and nail polish.
- * Bring personal toiletries and any change of clothes you wish.
- * Bring pajamas or some form of sleep wear. Old and comfortable are best, as there are creams used that may stain delicate fabrics. Old gym shorts and a loose fitting t-shirt are good suggestions. Consider bringing thick socks and/or slippers.
- * Female patients are asked to wear 2 pc. sleepwear or a short nightgown due to the need to tape monitors on the chest and abdomen.
- * Several small gold electrodes will be taped or glued to different areas of your body and head. The skin will not be punctured. **Although the glue will not in any way damage your hair, it will disrupt your hairstyle.** Tape removal after the test may be momentarily uncomfortable for some individuals.
- * Every patient is required to spend **at least 8 hours in bed** (or as specified by your Sleep Disorders physician).
- * An intercom is turned on in your room. Please call out if you need any assistance. You will have access to a semi-private bathroom.
- * **Please alert our staff to any special needs you may have prior to your sleep study.** These may include: wheelchair assistance, inability to understand or speak English, or need someone to stay to assist patient due to age or disability.

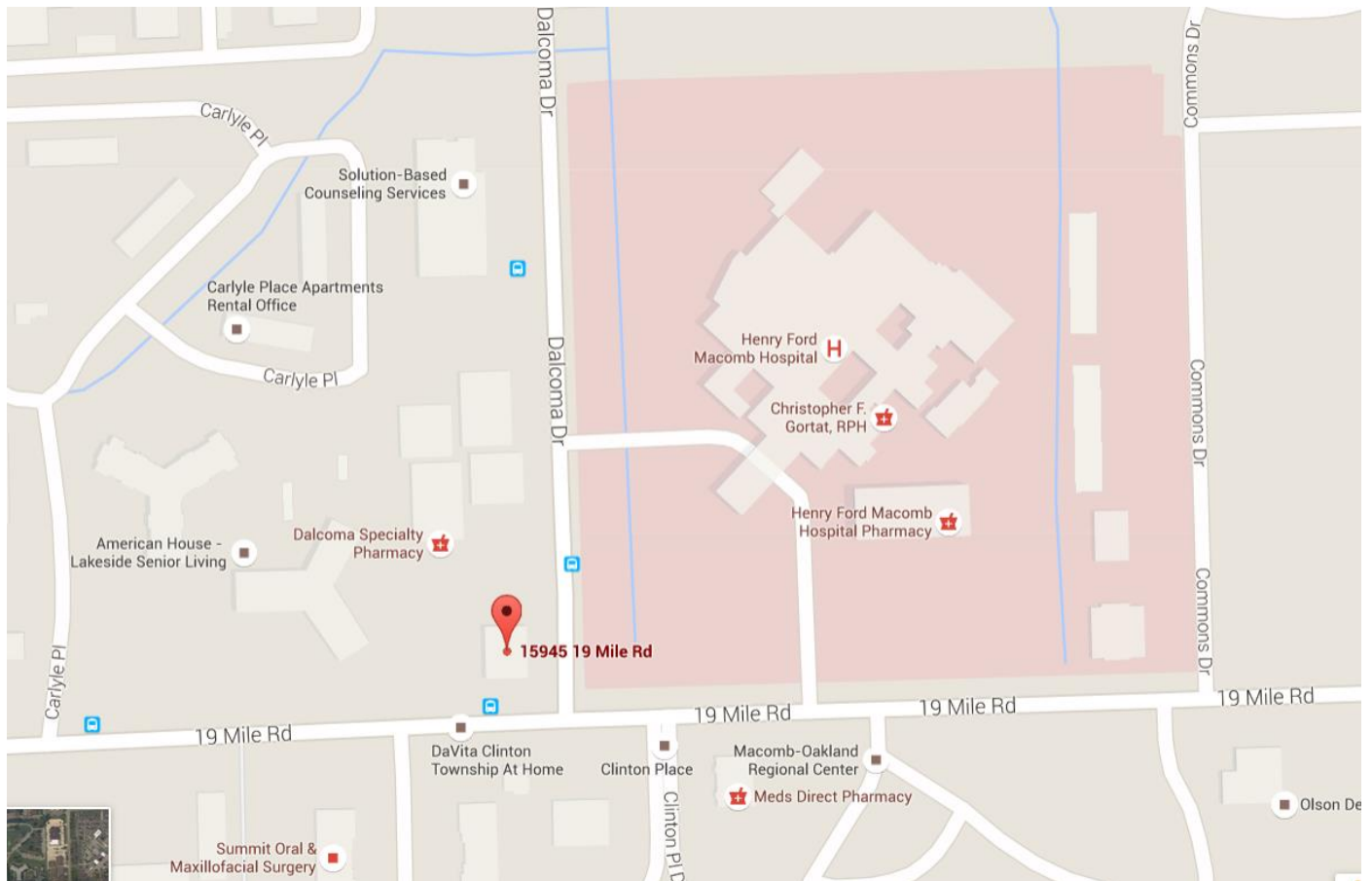
After the test:

Unless otherwise instructed, you should return for a follow-up visit at the Sleep Clinic for discussion of results and treatment options. **If you are not contacted by letter or telephone within 2-3 weeks after your study, please call us.**

PARKING INSTRUCTIONS AT THE SLEEP CENTER

1. Please park outside of the main entrance of the building.
2. Once inside the building take either the elevator or the stairs to the lower level and ring the buzzer to the Sleep Center door.
3. If you are dropped off, please be sure there is someone available throughout the night to pick you up if needed.

WE ARE NOT LOCATED INSIDE OF THE HOSPITAL; we are located in a two story brick building on the north west corner of Dalcoma Dr. and 19 Mile Rd.



**15945 19 Mile Rd.
Clinton Township, MI 48038**

PLEASE READ

Night Appointment Policy:

Because sleep studies require 8 hours of laboratory time and 10 hours of technician time, it is very important that you confirm your appointment before you come in for our study. If you miss your appointment, the bed will stay empty and you, as well as other patients, will not have the benefit of a sleep evaluation.

Confirmation Policy:

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No-Show Policy:

There will be a \$50.00 no-show fee payable by the patient, if any sleep study is no- showed. To avoid the no-show fee, please call and cancel your appointment if you are unable to make it. If you do not show up at the Sleep Laboratory for your appointment, it is possible that you may not be re-scheduled for another 3-4 weeks due to our current demand.

We hope your stay at the Sleep Center is a pleasant one!