



# Hendricks Regional Health

## Sleep Disorders Center

1000 East Main St  
Danville, Indiana 46122  
(317)745-3680

### **About your sleep study**

Your physician has requested a sleep study to evaluate for a sleep disorder. During a sleep study brainwaves, breathing patterns, muscle activity, heart rhythms, and oxygen levels will be monitored using lightweight electrodes that will be attached to your body while you sleep. There is no pain or discomfort associated with these tests.

### **Preparing for your sleep study**

On the day of your sleep study, take medications as you normally do, unless otherwise directed by your physician. Do not take any naps, as they will interfere with your study.

Consume foods and drinks as you normally would, but avoid caffeinated foods and beverages after noon. Please refrain from alcohol. Before arriving, eat dinner, shower, and remove make-up, lotions, oils, and hairspray.

### **What do I bring?**

Bring personal toiletries and loose comfortable clothes to sleep in (pajamas, gym shorts, t-shirt or nightgown). Pillows are provided, though you may prefer to bring your own. Bring a snack, if required (we stock crackers, peanut butter, and juice). Your room has a private bathroom. A shower is available if necessary. Please fill out and bring the enclosed questionnaire.

### **When and where do I go?**

Please arrive at the hospital at 7:45 p.m. using the West Entrance. To the left pass Outpatient Registration, elevator A will be on your left. Take it to the 4<sup>th</sup> floor.

Once in your private room, a technologist will explain the procedure, allow you to prepare for bed, and then begin the hook-up process.

Generally, your sleep study will end about 6 a.m. unless you require an earlier wake-up time.

## **Test results**

Sleep study results are generally available within 7 working days and will be interpreted by a board certified sleep specialist. Your referring physician will be sent the results as soon as they become available.

## **Cell Phones**

You will be asked to turn off your cell phone once the test has begun. The number (317)745-8653 can be reached in case of an emergency.

## **Special needs**

A technologist will call you the night before your sleep study to confirm your appointment and to answer any questions you may have. If you have special needs, please discuss them at this time. The Sleep Disorders Center can also be contacted during daytime business hours at (317) 745-3680 or (317) 745-8653 after 7pm to answer any questions or concerns.

Children under the age of 13 will be required to have a parent stay the night. Children between 13-18 may spend the night by themselves at the discretion of the parent or sleep staff.

## **Rescheduling your test**

If for some reason you are not able to keep your appointment, please call our Central Scheduling department at 745-3814 at least 48 hours in advance.

**Test date:** \_\_\_\_\_

**Test time:** \_\_\_\_\_

Thank you,  
Hendricks Regional Health  
Sleep Disorders Center