



# Hendricks Regional Health

## Sleep Disorders Center

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

### **About your sleep study**

Your doctor has ordered a **Split** sleep study. This test is divided into two (2) parts. The first half will monitor your normal sleep pattern, establishing a baseline. Small, lightweight electrodes will be used to monitor your brain wave activity, eye movements, limb activity, heart rate, respiratory pattern, snoring, and body movements via computer/video equipment while you sleep.

If obstructive sleep apnea (OSA) is detected in the first half of the test, a CPAP trial will be conducted during the second half of the test. CPAP therapy is placing a small mask over your nose which is connected to a CPAP (continuous positive airway pressure) machine. Continuous airflow pressures keep the airway open and free from obstruction. CPAP is the most common treatment for OSA.

### **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