

Unity Health System

Unity Sleep Disorders Center
POB @ Parkridge
1561 Long Pond Road, Suite 408
585-442-4141

Sleep Study Information

Name: _____ Date of Study: _____

Provider: _____ Time: _____

48 hours notice is required if you are unable to attend your sleep study. Your co-payment is expected at the time of service. We confirm all sleep studies 3 days in advance. You will be charged a \$100 fee for any No-Show or Cancellation without 48 hours notice. If there is an emergency or illness that affects your attendance for this appointment or if you are unable to arrive by 8:00PM, please call 585-244-1020. We may need to reschedule your appointment.

The Sleep Study Lab is located on the 4th floor in the POB, 1561 Long Pond Road, Suite 408. Park in the west parking lot by POB, enter west entrance and take elevator to 4th floor. **You will need to ring the doorbell located to the right of the entrance to Suite 408 to notify the staff when you arrive.**

Follow up appointment: _____ Time: _____

If you have CPAP equipment, please bring it with you to this appointment.
Your follow up appointment is at Parkridge POB, Suite 408.



On the Night of Your Study:

1. Please be prompt. Do not bring any valuables except your ID and copay.
2. Please bring night attire (two pieced night clothes or shorts and tee shirt are required) to change into as well as toiletries, and any other items you may require to make your stay feel more comfortable.
3. A list of medications and any medications you may need that evening. The lab does not stock any medications. If you are diabetic, please bring your snack and glucometer. If you are asthmatic, please bring your inhalers and nebulizer treatment if needed. Oxygen is available for those who need it. Take your routine medications that day unless otherwise instructed.
4. Refrain from napping on the day of the test.
5. Do not consume any caffeinated products past 10:00 am on your test day.
6. In order to ensure proper electrode and sensor application please arrive freshly showered with your hair washed and completely dry. No body lotion, makeup, hair spray or gels. No nail polish. You may wear under arm deodorant. Men are required to be clean shaven - beard stubble interferes with the electrode placement. However, beards are acceptable as they can be parted for electrode placement.
7. If you are suffering from a sinus infection, seasonal allergies, cold, flu, or fever prior to your appointment, please contact the Sleep Disorders Center at 585-244-1020. You may need to reschedule your study.
8. Electrodes will be placed on your scalp. ALL prosthetic hair (wigs, hairpieces, extensions, weaves, braids and dreadlocks) must be removed before coming to the sleep center. We do not cut or shave hair.
9. Do not bring any valuables except your co-pay. We cannot take responsibility for your belongings.
10. Your co-payment will be collected at the Sleep Disorders Center the night of your study. We accept cash, check and credit cards.
11. Smoking and alcohol are prohibited on the premises.
12. If you have a CPAP mask and headgear, please bring it with you to your CPAP study.

Illustration of a Sleep Study:

- You will be sleeping in a private room that has a television and bathroom.
- You will be hooked up to electrodes that monitor electrical signals put out by your body. This is not a painful procedure.
- These electrodes are secured with paste and tape.
- Most people fall asleep normally after a few moments of getting used to the wires.
- A video camera will be recording only after lights are out and you are asleep.

Upon Completion of your Sleep Study:

- Plan to depart the facility between 6:00 am and 6:15 am. A technician will end your study and awaken you between 5:00 am and 5:30 am. If you need an earlier wake up, please let your technician know upon your arrival.
- You will be assessed prior to discharge to make sure you are awake, alert, and oriented. If there are concerns with this, you will be asked to remain in the lab until staff feels comfortable that you are safe to leave and/or drive or other arrangements have been made if necessary.
- It takes two weeks to interpret your study.
- If you do not have a follow up appointment scheduled, please call our office at 585-442-4141 as soon as possible.

If you have any questions about your study, please feel free to call the main office at 585-442-4141 or the sleep lab at 585-244-1020 and tell them you are a patient at the west side sleep center.