

The sleep study:

- The study is painless. The study does not involve any needles or injections.
- Electrodes will be pasted to your scalp and legs.
- Belts will be placed around your chest and waist.
- Other sensors are attached to your body.
- During your night's sleep the technologist will be monitoring your brainwave patterns (EEG), heart rate, breathing and oxygenation, as well as your leg movements.
- The study period is approximately 6-8 hours in duration.
- We will awaken you at the conclusion of the study, typically about 4:00 am to 5:00 am.

If you do not plan to drive yourself, please arrange for someone to pick you up by 5:00 am. A phone will be available to use.

Arriving:

The Eastern Iowa Sleep Center is on the 2nd floor of the Physicians' Clinics of Iowa (PCI) building.

Parking at night:

1. You may park in the parking spots outside the main entrance of the PCI building, or
2. In the Mercy parking garage on the 2nd level and walk through the skywalk.

Enter:

Through the **MAIN ENTRANCE** or the **2nd FLOOR SKYWALK**.

Intercom:

The **ground floor entrance** is the handicap door on the **right side of the main entrance**. An intercom is located on the **right of that door**. The **2nd floor entrance** is a door at the **end of the skywalk**. An intercom is located on the **right of that door**. Push the intercom **once** to announce your arrival. It may take the technician a little while to let you in.

Delayed or late:

Please **call** us at **319-362-4433** if you are **delayed or late** for any reason. The sleep technicians will check voice mail. If you are more than 30 minutes late for your scheduled time, we will be unable to do your study as scheduled.

Inclement weather:

The EISC may cancel sleep studies if inclement weather arrives. Tune into **KCRG TV-9** (online or television) for the cancellation listing by 5pm. We will contact you on the next business day to reschedule your study.

If you have a cold:

Or are suffering from some other upper respiratory infection on the day of your study, please **call** us for advice at **319-362-4433**.

Daytime sleep studies:

If you are scheduled for a daytime sleep study, please check in at the main desk of the Eastern Iowa Sleep Center on the 2nd floor of the PCI building. If you are scheduled for a **MULTIPLE SLEEP LATENCY TEST** or **MAINTENANCE OF WAKE-FULNESS TEST**, please bring materials and snacks with you to occupy your time for the two-hour intervals between naps. Some medications may need to be stopped up to 2 weeks before these special studies; please check with your provider.

After the study:

You will have time to shower. Bring your favorite things to get ready for your day, including a change of clothes, if you like.

You may have some minor skin irritation from the electrodes. If this does not quickly resolve or you have concerns please contact us at 319-362-4433.

Going home:

If you do not plan to drive yourself, please arrange for someone to pick you up at the end of the study (about 4:00 am – 5:00 am). If you feel too sleepy to drive, please inform the technician so they can contact alternative transportation for you.

Security:

Your security is important to us. Security personnel monitor the grounds, the parking lot, and the parking garage at night.

Results:

We send results directly to the health care provider that **ordered** your sleep study. You may call that office for your results two weeks after your study. This allows time for the study to be scored, reviewed, interpreted, transcribed and then for a report to arrive at your providers' office.

Follow-up:

Will be arranged by your **provider's office**. The sleep center will give you a *reminder card* the morning after your study. This card has contact information for your referring provider and when you can expect them to have your study report. *Please contact EISC if it has been longer than 15 business days and you have not received the results.*

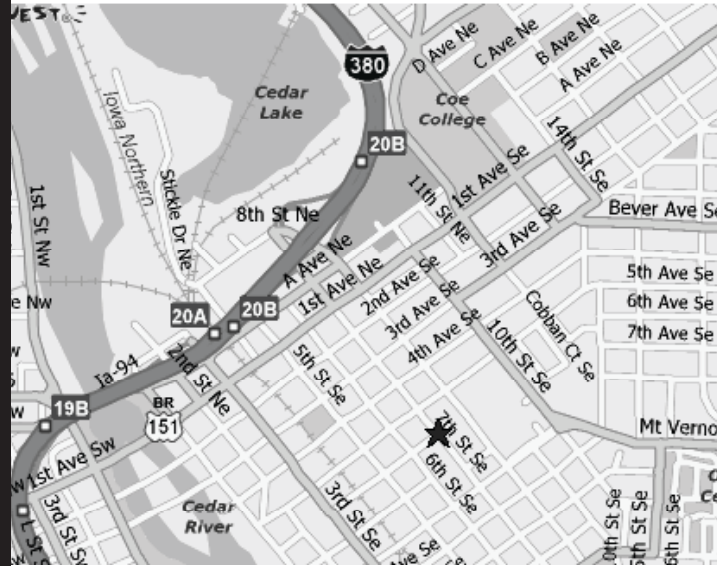
Please bring:

1. **Photo ID** card
2. **Insurance card(s)**
3. All **completed sleep forms** we've mailed to you.
4. **List of current medications**, including dosages.
5. **Prescription medications** you take *before bed* in their *original containers*.
6. It is necessary to bring **pajamas** or sleeping clothes (*Clothes should include comfortable bottom & top pieces. Women may wear a bra under their pajamas.*)
7. **Favorite pillow**, toothbrush, toothpaste, soap, shampoo and any other toiletries you may need after the study.

Things you need to do before the study:

- Complete all sleep forms we've mailed to you.
- Bathe and wash & dry your hair; do not use gel or conditioners.
- Avoid napping on the day of your study.
- Avoid caffeine on the day of the study.
- Continue to take your normal daily medications.
- You may otherwise go about your normal daily routine.

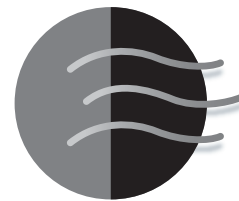
To cancel your appointment, please call at least 24 hours in advance. A **\$75 no show fee** will be charged if you fail to cancel your appointment at least 24 hours in advance.



Any further questions?

Please do not hesitate to call us at **319-362-4433** between the hours of 8:00 am and 4:30 pm or 7:30 pm to 5:00 am.

Warmest Regards, EISC Staff



EASTERN IOWA SLEEP CENTER

600 7th St. SE, 2nd floor
Cedar Rapids, IA 52401
(in the Physicians' Clinic of Iowa building)
319-362-4433 or 877-361-4433

A PARTNERSHIP

ST. LUKE'S HOSPITAL • MERCY MEDICAL CENTER • PCI



EASTERN IOWA SLEEP CENTER

Medical Director: Andrew C. Peterson MD, D. ABSM

Dear _____

Your doctor ordered a SLEEP STUDY for you in order to assess your sleeping and breathing patterns during a normal night's sleep. **Your sleep study is scheduled on:**

Date: _____ at _____ am/pm

Come to:

Eastern Iowa Sleep Center

(in the Physicians' Clinic of Iowa building)
600 7th St. SE, 2nd floor
Cedar Rapids, IA 52401
Phone: 319-362-4433 or 877-361-4433