

## Grundy County Memorial Hospital

# APPOINTMENT INSTRUCTIONS

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- Avoid alcoholic beverages on the day of your test.
- Avoid beverages containing caffeine the day of your test.
- Try to maintain your usual daytime schedule. (avoid unusual physical exercise or meals).
- DO NOT take a nap the day of your test.
- Please shower and shampoo your hair just prior to your arrival for the test. Men should shave, unless they normally wear a beard. Women should remove their makeup. This will improve the quality of the test, as tape is applied to the face.
- This is an outpatient procedure. Therefore, nursing services, medications and meals are not provided. (If you take regular medications, bring them with you, and they can be taken as at home.)
- Please bring items necessary to aid in your comfort for your scheduled stay (comfortable sleepwear, etc.). Pillows are provided; however, if you will be more comfortable, you are welcome to bring your own.
- If you are currently using nasal CPAP, please bring your mask with you to your appointment. Please consult your home care provider for your current CPAP settings.
- Shower facilities are available for your use in the morning. Please let your technician know if you wish to use the shower facilities.
- Please use Entrance #3 on the west side of the hospital and check in with the Emergency Department clerk.
- The Polysomnography Technician will obtain a brief medical history and explain the procedure.
- The technician will apply several electrodes to the scalp, face, chest and legs.
- A call light is provided if you need to use the restroom or if you need anything else.
- The test will conclude between 5:00 and 6:00am. The technician will wake you and remove the setup.
- Please notify the Sleep Center if you require any special needs such as a hospital bed.
- Smoking is prohibited in the Sleep Center.
- It is the goal of Grundy County Memorial Hospital's Sleep Center to provide you with the highest quality test and evaluations of your sleep.
- If you are unable to keep the assigned appointment, we request that you provide us with at least 24 hours' notice if possible.

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If you have any questions regarding these instructions, please feel free to contact the Sleep Center at 319-824-5081



**Grundy County Memorial Hospital**  
201 East J Avenue  
GrundyCenter, IA50638  
Scheduling: 319-824-5081  
888-824-5081

*See back for Testing and Treatment of Sleep Disorders*

## Testing and Treatment of Sleep Disorders

Problems with sleep are rarely simple. In fact, each case is unique. Getting “good sleep” is important. If you have had trouble sleeping for some time, you may have forgotten how it feels to be completely rested. The Sleep Center at Grundy County Memorial Hospital is designed to evaluate and diagnose people with serious and ongoing sleep problems. We are a center of excellence and take an objective, expert look at the quality of your sleep, then work with you to improve it.

### Common Sleep Disorders

**Sleep Apnea and Loud Snoring** – Breathing that stops repeatedly during sleep is referred to as “sleep apnea.” There are two main types of sleep apnea.

- **Obstructive Sleep Apnea** – A more common type of apnea, this occurs when obstruction of the throat repeatedly interrupts breathing. It is characterized by loud snoring and periods of prolonged silence. This serious and potentially life-threatening sleep disorder may cause excessive daytime sleepiness, morning headaches, diminished attentiveness, hypertension or heart failure.
- **Central Apnea** - Occurs when the sleeping brain fails to send commands to the breathing muscles. This type is uncommon, and is not usually accompanied by snoring.

**Narcolepsy** – People with narcolepsy complain of losing muscle control and of falling asleep into a deep sleep without warning, even when they have slept the night before.

**Nocturnal Myoclonus and “Restless Leg” Syndrome** – People with these disorders experience rhythmic jerking of the legs during certain periods of sleep.

**Insomnia** – People with insomnia have trouble falling or staying asleep. Insomnia has many different causes, including sleep apnea and nocturnal myoclonus.

### Testing for Sleep Disorders

Most sleep disorders are treatable, or can be managed effectively. Some can be diagnosed with daytime tests, while others require the use of “polysomnography” (or “sleep study”). The study is painless and requires between six to eight hours of night to complete.

After answering a brief questionnaire concerning your sleep habits, a technician will monitor your sleep with equipment that records brain waves, heart activity, eye movements, muscle tone, oxygen levels in your blood and air exchange. The test is then scored and evaluated. A final report is completed by the interpreting physician and sent to your provider.

### Treatment of Sleep Disorders

Treatment or management of your sleep disorder may include:

- Oxygen
- Special breathing devices
- Weight loss
- Medications
- Recommended changes in daily habit
- Surgery in some cases

### We Want to Help You Sleep Better

Sleep disorders are more than a nuisance. They can be dangerous. Fortunately, we can help you do something about them. Our specialized team is dedicated to helping you enjoy the quality of life that only happens by day when you sleep well at night.

**Referrals** are accepted from all licensed providers. Providers can order an all-night sleep study or ask for a consultation.

**Reimbursement** for sleep disorders evaluation and treatment is a covered service of most third-party payers. Please contact your provider or insurance carrier if you should have any questions regarding coverage.