

Sleep Study – Neillsville

A Polysomnogram (Sleep Study) has been ordered for you by your doctor.



Before Your Sleep Study Videos

Watch: *Your Sleep Study* and *Obstructive Sleep Apnea* at marshfieldclinic.org/sleepstudy

Entrance Instructions

- Use Emergency Room entrance
- Check in with Emergency Room Admissions
- Admissions will inform the sleep technician of your arrival

Day of Study

Eat a normal supper before arriving for study. Before the study begins, a sleep technician will apply electrodes to your head, face, chest and legs using special conductive adhesive. Additional monitoring devices will also be applied.

Limit

- Use of caffeine (coffee, tea, soda, chocolate and energy drinks)
- Other liquids (this will help set the stage for an evening of actual sleep recording)
- Alcohol
- Napping during day (this will help set the stage for an evening of actual sleep recording)

Bring

- Pajamas
- Bed pillow (if you choose to use your own)
- Any toiletries needed (a shower is available for use in the morning)

Note

- Cell phones/electronic devices are allowed, but must be turned off at bedtime.
- The Medical Center is not responsible for lost/misplaced items
- A nurse is not available during your study. The sleep technologist cannot hand out your medicines; you are responsible to take them as scheduled. You are also responsible for your self-care (hygiene, dressing, bathroom).

Date: _____ @ 8 p.m.

Marshfield Medical Center-Neillsville
N3708 River Ave, Neillsville, WI

Morning Following Study

The technologist will awaken you and remove the electrodes. There will be a thick paste left on your scalp after the electrodes are removed and you may shower once you are unhooked. Towels will be provided. The sleep study will be done about 6 a.m. Your completed recording will be analyzed and the data presented to your doctor. You will be scheduled for an appointment 2-3 weeks after the sleep study to receive the results of the night.

Insurance

Assistance is available for obtaining pre-authorization if it is required. Pre-authorization, from an insurance company, is not a guarantee of payment. You are encouraged to verify your policy and benefit limitations including copays, coinsurance and deductibles.

Contact information

Appointment change needed or questions:

Call 715-221-6001 or 1-800-782-8581, ext. 1-6016.



**Marshfield Clinic
Health System**