Marshfield Clinic Health System

Sleep Disorders Laboratory Instructions – Rice Lake

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

Date _____ @ **8 p.m.**

Marshfield Medical Center – Rice Lake
1700 West Stout Street, Rice Lake, WI

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 (To avoid unnecessary awakenings.)
- Alcohol
- Napping during day (This will help set the stage for an evening of actual sleep recording.)

Bring
- Pajamas
- Any medications needed (A list of those taken will help when completing paperwork.)
- 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
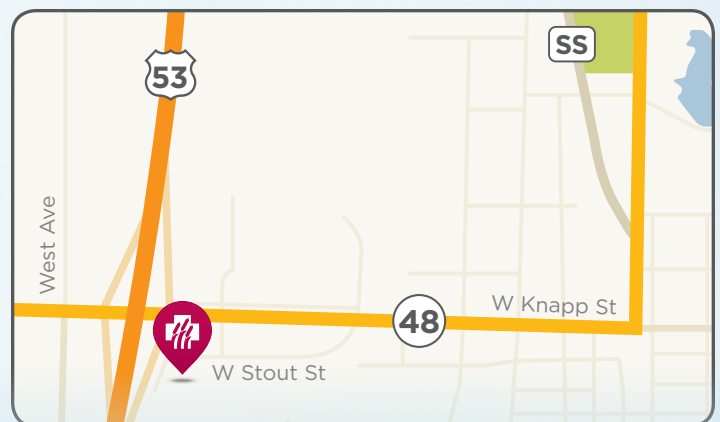
Morning following study

The sleep study will be done about 6:30 a.m. If an earlier wake-up time is needed, discuss this with the sleep technician before going to bed. Your completed recording will be analyzed and the data presented to your doctor. Your doctor will report findings back to you within 10 to 14 days.

Insurance

The Medical Center will assist you with 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 715-858-4150

Emergency Room Entrance