

# 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](http://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 and breakfast will be provided. After the sleep study is completed, it will be reviewed by the sleep medicine doctor. The results will be discussed with you that morning. You will be done around 9 a.m. Do not schedule other commitments until after that time. If you are unable to stay, a follow-up appointment will be scheduled.

## 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 715-221-6001 or 1-800-782-8581, Ext 1-6016



**Marshfield Clinic  
Health System**