



Sleep Disorders Laboratory Instructions – Eau Claire

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

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

Marshfield Clinic Eau Claire Center
2116 Craig Road, Eau Claire, WI

Entrance instructions:

- Enter through Service Door 2 (see below)
- Proceed to the door on the right and press silver button labeled “Sleep Lab” (right of door)
- Sleep technician will answer and give instructions

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 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

- **Questions about the study:** 715-858-4155
- **Change your appointment:** 715-858-4150



Service Door 2