

Sleep Medicine
Associates, P.C.



Patient's Guide to Direct Sleep Testing



www.sleepneverfeltsogood.com



Welcome To Sleep Medicine Associates, PC



Your physician has requested that you have a sleep study performed by Sleep Medicine Associates, PC. It is important that you understand why a sleep study has been ordered and that you know what to expect during your study, and are familiar with a few simple steps to ensure that the highest quality study is obtained.

Dr. Cocanower, and the staff of Sleep Medicine Associates, P.C. are committed to providing the highest level of sleep medicine services in a cost-effective and patient friendly environment. Our goal is to improve the sleep of patients with sleep-related problems, and as a result to promote better health and quality of life. **The role that a patient initially plays in achieving improved sleep is greater when direct testing is performed, because consultation with the sleep physician is initially bypassed.** This brochure is designed to “fill in” informational gaps that can occur when patients are not seen first in the practice before a study is performed.



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Why Have A Sleep Study?



A sleep study is performed to answer specific questions about a person's sleep, such as "Is obstructive sleep apnea present?" Information is also obtained regarding sleep stages, interruptions in sleep and what may be causing them, the presence of snoring and apneas, and whether abnormal activity or behavior occurs, including leg movements. A sleep study performed in a laboratory is considered the "gold standard" for evaluating sleep, and diagnosing problems that occur during sleep.

What Will a Sleep Study Show?

Information provided by a sleep study includes how long it takes to fall asleep, how much sleep, and the stages of sleep that occurred, and whether abnormalities of sleep are present. Sensors used during a sleep study gather information that includes whether snoring and apneas are present, in what stage of sleep they are occurring, whether position affects the apnea frequency, and also whether abnormal movement of the arms and legs is occurring, and whether acting out of dreams is present.



Scheduling Your Sleep Study

Once your physician orders testing for you, the sleep center staff will contact you to schedule the study. At that time, the scheduling process will be explained to you, and necessary contact and insurance information will be obtained. Information concerning preparation for your sleep study will be sent to you along with two short questionnaires concerning your sleeping that you will need to complete. You

may also access this information and the questionnaires on our website www.sleepneverfeltsogood.com

Where Will the Study be Conducted?

Your sleep study will be performed at Sleep



Medicine Associates, P.C. in a state of the art 8 bed sleep center located on the second floor of the practice's main office building in Evansville, Indiana. The sleep center uses specialized equipment to study your sleep in a comfortable and secure environment. You will be in a private room with your own bathroom and shower and decorated tastefully to help facilitate a night of sleep. The practice has been accredited as a full service center, meeting the highest standards of the American Academy of Sleep Medicine.



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The Night of Your Sleep Study

Patients will typically arrive at the testing location between 7:30 – 8:30 pm unless arrangements for alternate times have been made in advance and approved by the clinical staff of Sleep Medicine Associates, P.C.

You will typically have some time in your room to prepare for bed before a technician begins placement of sensors used to obtain sleep data. The process of applying sensors generally takes approximately 30 minutes.

To learn more about what to expect on the night of your sleep study, please visit our website, www.sleepneverfeltsogood.com.

The Next Day

You will be awakened in the morning at a time that you designate, or with enough time to shower, and leave the lab by 7:00 AM, unless prior arrangements have been made to stay later.

What About My Medications?

Individuals taking a sleep aid nightly at home should continue this for the sleep study unless instructed by their physician to discontinue it. Abruptly stopping sleep medication on the night of study can result in more difficulty falling asleep, particularly if the sleep environment is unfamiliar. Caffeine and stimulant medications should be avoided after noon on the day of study. Non-sleep medications should be taken as usual.

Getting Your Sleep Study Results

Your physician may choose to discuss the results of your sleep study with you, or may arrange a consultation with Dr. Cocanower to review the study results with you. It is the recommendation of Sleep Medicine Associates that all patients studied in the laboratory be seen by Dr. Cocanower in consultation, or Lindsay Lang, NP for follow-up, to facilitate the highest level of sleep care.



Policies...Billing...Insurance

The practice discourages rescheduling sleep studies except for emergencies or illnesses that might affect your ability to sleep. If it becomes necessary for you to reschedule your sleep study, you must notify Sleep Medicine Associates, PC at least 48 hours prior to your scheduled testing date. Testing appointments may be changed by contacting Sleep Medicine Associates, PC at (812)-473-1737, Monday – Friday, between the hours of 8:00 am and 4:30 pm. Changes to weekend appointments (Saturday or Sunday) must be made no later than Thursday morning.

Since sleep studies are scheduled in advance and specific resources are allocated to perform each study, you will be asked to sign a Testing Compliance “No Show” Policy agreement for your study to be scheduled. This policy states a patient’s responsibilities when a sleep study has been scheduled for them.

Insurance

Most insurance carriers provide coverage for a sleep study. Please contact your insurance carrier directly to obtain benefit information and prior authorization requirements. Sleep Medicine Associates, PC can assist you in gathering information that you need to obtain any pre-approvals that your insurance carrier might require prior to services being rendered.

Payment for Services

If your insurance carrier is being billed for services rendered, you will receive a statement once your insurance carrier has made a payment. This bill will be for any amounts that are not covered by your insurance carrier (i.e., co-pays, co-insurance and deductibles).

Various payment methods are available, including cash, check, and credit card. The practice’s billing department is available to handle insurance issues, and to answer questions that may arise regarding coverage of, or payment for, services rendered. Special arrangements for payment can be made on an individual basis as needed.



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About Sleep Medicine Associates, PC

Sleep Medicine Associates, P.C. is an innovative and progressive medical practice located in southwestern Indiana, established to provide superior specialist services for patients with sleep related problems.

The focus of the practice is in the comprehensive evaluation and treatment of the broad range of sleep disorders. A qualified staff of professionals, led



by Dr. David A. Cocanower, board certified in sleep and pulmonary medicine, provides expert and friendly care to patients referred from around the Tri-State area of Indiana, Kentucky, and Illinois.

Sleep Medicine Associates, P.C. is a fully accredited, state of the art 8 bed testing and treatment facility. Using the latest in sleep evaluation and treatment technology, patients experience a cutting edge approach to sleep testing in a safe, and comfortable environment. A wide range of testing is performed, including routine diagnostic, CPAP/BIPAP/adaptive pressure ventilation titration, multiple sleep latency testing, and maintenance of wakefulness testing. Daytime and split-protocol testing is also available for appropriate individuals.

The practice also has a team of respiratory therapists who specialize in the treatment of sleep apnea with CPAP/BiPAP and adaptive pressure ventilation. These caring and devote treatment specialists help initiate and facilitate PAP therapy for our patients.

