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Your Sleep Study
Information and Instructions

Dear patient,

Thanks for trusting us with your health,

At my office we will do our best to provide you with personal care.

Now that the decision was made that you require a sleep study, we would like to provide you with some information about the process.

A typical sleep study is a sophisticated array of monitoring of function of organs that generate sleep or will be affected by your sleep. During the study based on your physician orders sometimes the technician have to intervene and make some adjustments like initiating and changing the parameters of devices that blow air into your airway and help keeping the airway open. All monitoring is painless and does NOT include use of needles or electrical shocks.

Your test will take place at 3108 Willow Pass Road, Concord, CA 94519. Our telephone number is 925-849-6634. Please make arrangements to arrive at 8:30 PM. We cannot accommodate you before this time. Our entrance is located on the side of the building besides parking lot.

We are able to reschedule your test until 48 hours prior to your test. After this deadline a \$175 no show fee will be assessed to you that is not reimbursable through your insurance policy.

PLEASE BE SURE THAT YOU READ BELLOW POINTS AND INSTRUCTIONS:

What to do before your test?

- Take a shower at home before coming to the laboratory and do NOT use any type of lotions, gels, moisturizers etc. on your skin or hair. Such substances will interfere with your test results.
- Have a light dinner and bring small amount of snack in case you feel hungry before sleeping. Avoid eating or drinking after bedtime. We will provide water but not food during the time you are at our facility.
- Bring your pajamas or sleeping suites with you.
- Give our telephone number to your significant others in case there is an emergency and they need to call you. You will be asked to turn off your cell phone after study is started.
- Make arrangements to be picked up at 6 AM if you need a pick up.

- We can provide you pillows and sheets but to feel more at home and decrease first night effect, we recommend that you bring your regular pillow and sheet.
- Bring all of the medications that you are supposed to take during evening, night and early morning. We will not be able to provide or administer any of your medications.
- You can bring books or magazines to read. Do not choose a content that makes you excited. Or you can elect to bring your personal music player and listen to music.
- You will need to provide a government issues photo ID, insurance card and your co-pay and deductible prior to the test. So please have above documentation and means of payment with you. For payments more than \$250 we only accept credit cards or debit cards. Please try to have your co-pay/deductible paid through the front desk in the morning and before you show up in the night for the study.
- Bring your personal hygiene items like toothbrush and toothpaste and feminine hygiene supply.

What will happen during the night?

- You will be sleeping in our laboratory all night in an individual bedroom.
- We cannot allow any other person to accompany you during the test. For children 15 years and younger a recliner will be provided for one parent but you cannot sleep in the bed with your child. For geriatric or special need patients may reconsider this policy on case by case basis.
- Early in the night our technician will assess your needs and he/she will stay in the facility all night and monitors your sleep. The technician will give you instructions and may initiate interventions during the night based on your sleep patterns. These are based on norms of his job description and specific instructions from physician.
- He/she will make some measurements on your body and attach sensors to your skin. Sensors will be placed on head, nose, mouth, chin, limbs and chest. They will not inflict pain or give you any type of shock.
- After you are attached to the device you will have some downtime. You can read during this time or listen to soft music with low volume. We can only allow listening to music up to 10:30 PM and through earphones.
- When you feel tired you should go to bed. At this point the technician will ask you to do few maneuvers like coughing and snoring or moving legs then lights will be turned off and your monitoring procedures begin. .
- We will record audio, video and physiological signals and save it for interpretation of your sleep patterns and diagnostic purposes.
- Based on clinical scenario you may need to use assistive devices that your technician will initiate and educate you about them.
- During the test you CAN use bathroom facilities in the office.
- After your test is finished a qualified personnel that might be different from your sleep technologist will detach you from the machine and discharges you from the facility.
- In case of medical emergencies all of our technicians can provide CRP and basic life support till the EMT (911 personnel) arrive.

What to expect after the test?

- You will be discharged from our facility.
- Most people who had the test would prefer to go home and take a shower after their study. The type of the lotion/paste that is used to attach the electrodes is water soluble and come off easily after showering. You cannot shower at the laboratory and might want to have arrangements in place to go home for this purpose.
- You will need to leave the physical premises of the laboratory by 6 AM. If you need a pick-up, please make arrangements prior to your arrival. The center is not staffed and closed from 6 AM to 9 AM.
- Your recording tracings will make between 800-1000 electronic pages of information that needs to be evaluated first by a registered sleep technologist and then by a physician who is sleep specialist. This can take several days and in special circumstances up to two weeks. **In case there is an indication that an urgent action is necessary we will call you earlier than above timeframe.**

We look forward to perform a top quality sleep study for you!

Medical Director,

Parham Gharagozlou, MD
Sleep and Neuropharmacology