

MEMORIAL HOSPITAL REGIONAL SLEEP CENTER
ATRIUM TESTING INSTRUCTIONS AND DIRECTIONS

Please arrive for your scheduled test at 7:30 pm on _____

Thank you for choosing Memorial Regional Sleep Center. We hope this instruction sheet will help better prepare you for your stay with us. The rooms at the sleep center are set up as a home environment. Each room has cable TV and your own private bathroom. You are more than welcome to bring your cell phone with you, but you will be asked to turn the phone off at the time your testing begins. All tests are started at 10 pm and your technologist will wake you between the hours of 5 am and 5:30 am (unless other arrangements have been made by your physician if you are a shift worker, or if you have previously made arrangements to arrive at a later time and to sleep later).

SLEEP STUDY PREPARATION:

- Please do not bring valuable with you when you come for your sleep testing.
- Please eat supper before you arrive for your scheduled testing. We do have decaffeinated drinks and light snacks (pretzels, fruit cups, peanut butter crackers etc.).
- Please bathe, wash, and dry your hair before coming in for your sleep study. It is very important that your scalp and skin are clean and free of oils, make-up, and moisturizers in order for the hook-up process to be accurate. The technologists will be applying electrodes to your scalp, face, and body.
- Please do not use any **leave in** hair conditioners (you may use conditioner if it is rinsed out). Please do not use any hairspray, hair oils, gel, or mouse in your hair the day of your sleep study. Please have hair pieces and extensions removed prior to testing so we can assure an accurate contact to your scalp.
- Please remove nail polish and artificial nails prior to testing.
- **Gentlemen**---If you have a beard or mustache, it is not necessary for you to shave them off prior to your study. If you do shave on the day of your study, please do not apply any moisturizers to your face.
- Please bring something comfortable to sleep in for your testing. You can wear T-shirt and shorts or pajamas. We do ask that you wear a shirt and shorts or pants to sleep in. If you wear a gown we request that you wear shorts or pajama pants as well. You are more than welcome to bring slippers and a robe as well.
- Continue to take all prescribed medications and over the counter medications as you normally would unless otherwise specified by your physician. We will need for you to bring all of your prescription bottles of the medications that you take daily. Your technologist working with you will need to verify your medications upon your arrival to the sleep center.
- Your time with us is limited. We ask that you do not from drink caffeine after 12 noon on the day of your test. We also ask that you not drink alcohol on the day of testing.

WHAT TO EXPECT ONCE YOU ARRIVE TO THE SLEEP CENTER:

Once you arrive to the sleep center, you will be asked to complete some paper work and sign consent forms. There will be a video release form that will need to be signed, since the test involves digitally recording your night's sleep. We will be recording many physiologic channels during the night (brainwave activity, airflow, respiratory effort, oxygen level, EKG, and body movements). The hook-up will take approximately 30-45 minutes. Each technologist will have 2 patients and their time will be divided between you and another patient. Your technologist will be able to assist you with any needs you may have throughout the night. Once we wake you in the morning, the wires will be removed. You can then shower and prepare to leave, unless your physician has ordered additional daytime testing.

CANCELLATIONS:

If you need to cancel or reschedule you scheduled testing, we ask that you contact the Sleep Center at least 48 hrs prior to your scheduled test. Please call 423-495-REST (7378) Monday-Friday to reschedule or cancel testing 8:30 am-4 pm.

Directions to the Atrium location:

The Memorial Regional Sleep Center is on the back side of the Atrium building located near Hamilton Place Mall at 1949 Gunbarrel Road, Suite 140.

Driving I-75 North from Georgia or from I-24 East:

Take Exit 3A (East/East Brainerd Road).

Turn left onto Gunbarrel Road (3rd traffic light).

Drive 1.1 miles and turn left onto Jarnigan Road (left hand side of the road).

After turning onto Jarnigan Road, drive approximately 2 blocks.

The entrance to the Atrium parking lot will be to your right.

Overnight parking is provided directly in front of the building.

The entrance to the Sleep Center will be to the left just beneath the awning of the building.

Driving I-75 South from Cleveland:

Take Exit 5 (Shallowford Road).

Turn left onto Shallowford Road. Take the 2nd right onto Gunbarrel Road

Drive approximately 0.8 mile and turn right onto Jarnigan Road (right hand side of the road).

After turning onto Jarnigan Road, drive approximately 2 blocks.

The entrance to the Atrium parking lot will be to your right.

Overnight parking is provided directly in front of the building.

The entrance to the Sleep Center will be to the left just beneath the awning of the building.

