



## TITRATION/MSLT SLEEP STUDY PATIENT INSTRUCTIONS

You are scheduled for an overnight titration sleep study (polysomnogram) with possible Multiple Sleep Latency Test (MSLT) at the UK St. Claire Sleep Center, located at 1028 East Main Street in Morehead, KY.

Your sleep study is scheduled for the following date and time:

\_\_\_\_\_   
Date

\_\_\_\_\_   
Time

### Your Sleep Study

A titration sleep study is a procedure which involves sleeping overnight in comfortable surroundings at our accredited Sleep Center in Morehead. During the study, you will have several types of sensors attached to you. These sensors allow us to monitor your sleep and respiratory functions so we can diagnose multiple types of sleep disorders. A technologist (tech) will monitor your sleep and be there to assist you throughout the night. If the tech determines there should be no significant change in your current PAP settings, you will stay the following day as well for the MSLT.

### What should I bring?

- Your health insurance card and a form of identification (Driver’s License or State ID Card)
- Prescription and non-prescription medications in their original bottle or packaging (you will need to administer all of your medications yourself)
- Any items necessary to ensure the integrity of your medications (cooler, sharps container, etc)
- Something comfortable to sleep in (nothing too form-fitting) and a change of clothes
- A book, tablet, or laptop to occupy you while you are awake
- Special pillows, blankets, fans, toiletries, hair dryers, or snacks that you wish to have. **Please DO NOT bring any heating pads or electric blankets as these interfere with our sensitive recording equipment.**

**\*\*If your physician has prescribed a sleep aid for the night of your sleep study, you must have the prescription filled at your pharmacy before you arrive at the Sleep Center. Do not take this medication until after you arrive at the Sleep Center and are directed to do so by your tech.**

## What to expect at the Sleep Center

- Upon arrival, please wait in your car and call 606-783-6947 to check in. Our staff will greet you at the door, give you a brief tour of the facility, and show you to your room.
- While in your room, the tech will explain any paperwork you need to fill out, orient you to the room, and go over what to expect during the study.
- You will not be expected to go to sleep upon arrival, but you will be asked to get ready for bed. Once in your pajamas, the tech will place the sensors and explain the type of study that will be performed.
- You will have time to get used to having the sensors on before the sleep study starts. During this time you can watch TV, read, use your laptop, or just relax in your quiet and private room.
- When it's time to go to sleep, you will be asked by your tech to turn off any cell phones, pagers, computers, tablets, and/or other electronic devices you may have with you. Any emergent calls can be placed to the Sleep Center at 606-783-6947 and the tech will relay the message to you.
- The sleep study will need to be started before 10:00PM. If you have a regular bedtime that is earlier or later than this, please let your tech know and we will try to accommodate you as best as we can.
- If you need to stay for the daytime MSLT, you will take a series of 20 minute naps about 90 minutes apart. Since you will be with us most of the day, we will provide a hot breakfast and lunch.



### Sleep Center and Room Amenities

Your typical room at the Sleep Center will consist of a plush full size bed as well as a spacious and private bathroom. In addition, the room is equipped with wireless internet (WiFi) access, cable TV, and additional seating.



## What do I need to do?

### PRIOR TO the day of your study:

- Stimulants, stimulant-like medications, and REM suppressing medications are to be stopped 2 weeks prior to the MSLT.
- You will be called no later than the morning of your sleep study to confirm your appointment and to answer any remaining questions you may have.
- Notify the sleep center if you have any specific needs as soon as possible.
- Please call us if you have recently developed a new fever, new rash, respiratory symptoms or have been recently diagnosed with flu, covid, RSV, tuberculosis, measles, shingles, rhinovirus (common cold), norovirus, or C. diff as we may need to reschedule your appointment.
- If you need to cancel your sleep study, please call **2 business days prior** to your test date to do so.

### DAY OF your study:

- Eat supper before you arrive at the Sleep Center.
- **Do not** take any naps on the day of your study.
- **Do not** drink any caffeine after 12:00 Noon. This includes: coffee, tea, chocolate, cocoa, and soda. You may drink caffeine-free sodas and/or decaffeinated coffee.
- **Do not** drink any alcohol 12 hours before your sleep study, unless otherwise directed by your physician.
- **Wash and dry your hair** and face before the study. Remove any dark colored nail polish.
- Please **do not** use any gel, mousse, hairspray, or body lotions before your test.

## Special needs

If you currently use any of the things listed below, reside in a skilled nursing facility, or have any other special needs, please notify the Sleep Center prior to your appointment:

**\*Wheelchair   \*Oxygen   \*Special/Adjustable bed   \*Lift Assistance**



**\*\*To Cancel or Reschedule\*\***

If you need to cancel your appointment, please call the Sleep Center **as soon as possible** so that someone else may take your place. For your study, we have assigned a highly trained technologist to be present for a total of 12 hours. It is very costly to our organization if we have to send this person home. In addition, there are a number of individuals who have severe sleep disorders and could use this spot if you are unable to attend.

**\*\*Billing and Insurance Questions\*\***

In addition to the facility charge for the sleep test, there will be an additional bill from the physician that interprets/reviews your sleep test. If you have questions regarding insurance, billing, and/or possible co-payments related to your sleep testing appointment, please contact **your insurance company** directly. Your insurance company has the most accurate information concerning your benefits for this procedure.

**Sleep Study Follow-Up**

If you complete only the overnight portion of the test, you will be ready to leave the Sleep Lab at approximately 6:00AM. If you need to stay for the MSLT, you will be ready to leave at approximately 3:30PM. Based upon the preliminary results of your test, you will be recommended for one of the following:

- Positive Airway Pressure (PAP) treatment set-up visit with a home medical equipment provider of your choosing **-OR-**
- Additional sleep study testing to determine an effective PAP treatment setting **-OR-**
- Follow-up office visit with the provider that ordered your sleep test (or other care team provider) to discuss the final results and treatment plan.

Your sleep technologist will not be able to discuss detailed information in regards to your sleep study. Your study must be interpreted by a Board Certified Sleep Specialist (physician) before the final results are available. To obtain your results, you must contact your referring medical provider.

**If you have any questions or concerns,  
please call the Sleep Center at: 606-783-6866, Option 2.**

Our regular business hours are Monday-Friday, 8:00 A.M. to 4:30 P.M.

**Thank you for choosing UK St. Claire for your Sleep Medicine needs!**