Frequently asked questions regarding sleep testing:

1. **What is a Sleep Study?**
   - A Sleep study test also known as a Polysomnogram is a sophisticated test used to analyze your brain and body functions while you are sleeping. It requires an overnight Outpatient stay at the Sleep Center.
2. **How long will the test last?**
   - Approximately 10 hours- 8:00pm until 6:00 am the next morning.
   - If you need a ride home, please have them pick you up no later than 6:30am the following morning.
3. **How do I prepare for the sleep test?**
   - Do not take a nap on the day of the study.
   - No caffeine or alcohol during the day of your test.
   - Take all medications as usual. DO NOT stop any medications unless specified by your physician.
   - You may bring a light snack.
   - For those on CPAP, bring your mask and headgear only. You do not need your machine.
   - Bring in your license or photo ID and current health insurance care for identification purposes.
   - DO NOT use any creams, lotions, oils, hair products, or sprays on the skin and hair. Deodorants are fine to use.
4. **What should I bring with me?**
   - Please bring comfortable and appropriate sleep clothing; example: pajamas, sweatpants, t-shirts, shorts, and slippers.
   - A favorite pillow.
   - Private showers are available to use in the morning, toiletries are provided but you are welcome to bring your own products
5. **What happens after the sleep test is done?**
   - After the test is completed, a registered sleep technologist will score the study and then a board-certified sleep physician will read and result the test.
6. **Does insurance cover sleep testing?**
   - Most insurances do cover sleep testing.
7. **How do I receive the sleep test results and when should I expect them?**
   - The results will be sent to the ordering provider, and they will follow up with you for further treatment.
   - Results will be available about 2 weeks following the test.
8. **Does the hospital have the Inspire Device?**
   - Yes, we do! Please have your physician refer you to our ENT or Sleep Specialists to see if you qualify for this device.