



PT ID #: \_\_\_\_\_

## SLEEP STUDY INSTRUCTIONS

PATIENT NAME: \_\_\_\_\_

Your nighttime sleep study is scheduled for: \_\_\_\_\_

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**It is very important for you to read the following information and complete the questionnaires before coming to the Sleep Lab.**

### THINGS TO REMEMBER

- Day of study, **do not** take a nap, try to keep busy.
- Day of study, please limit your caffeine intake, also **no** consumption of caffeine products after 12 noon (coffee, sodas and chocolate).
- Arrive at Box Butte General Hospital, Medical Arts Plaza Building, at \_\_\_\_\_ p.m.  
Please enter thru the Medical Arts Plaza entrance which is south of the Main Hospital entrance located under the large awning.
- Please shower, wash your hair and refrain from using any hair care products. If you normally shave then please do so the day of your test.
- Please be aware that during your study you will not be allowed to have the following with you in your room: pagers, personal phones or watches as they interfere with the test results. If a phone or pager must be brought in with you, then the technician in charge of your testing will be more than happy to keep it in the observation room in case of emergencies.

### PLEASE BRING WITH YOU

- **Toiletry items:** Combs/hair brush, toothbrush/toothpaste, shampoo, and shaving kit.
- **Clothes:** Loose fitting nightclothes and a change of clothes for the next day.
- **Medications:** Any medication that is prescribed by your doctor, or over the counter medications you are currently taking (in their original containers) and a current list of your medications.  
\*\*\*\*No Medication will be Administered by our Staff\*\*\*\*
- **Diabetic Supplies:** Please bring your glucometer and supplies.
- **Reading Material:** Something to help relax in your room before your test.
- **Questionnaire:** Please bring the completed questionnaire previously sent to you.

**If you become sick or cannot make your scheduled appointment, please call the hospital at 308-762-4357 ext 3342 or ext 3489 as soon as possible so another patient can be scheduled.**

## PATIENT SLEEP STUDY INFORMATION

### *What is a Polysomnogram?*

A Polysomnogram is a procedure that reads and registers body functions during sleep. Some of these measurements include:

- **Brain waves** [Electrodes placed on patient's scalp]
- **Heart beats**
- **Eye Movements** [Electrodes placed by the patient's eyes]
- **Leg movements** [Electrodes placed on the patient's legs]
- **Airflow Breathing** [Sensor placed under the patient's nose]
- **Chest/Abdominal Breathing** [Sensors placed on the patient's chest and abdomen]
- **Blood Oxygen Levels** [Sensor attached to the patient's finger]

### *Why Record This Information?*

During sleep, the body functions differently than while awake. Recording these readings will help the doctors better diagnose and treat your sleep problem.

### *How Can I Sleep With All Of These Things On Me?*

Surprisingly, most people sleep reasonably well. The sensors are applied so that you can turn and move during sleep. Our staff will try to make your environment as comfortable as possible.

### *Will The Sensor Devices Hurt?*

No. Although sometimes in rubbing the skin or putting on the electrodes there will be mild and temporary discomfort and skin irritations.

### *Will I Be Given A Drug To Help Me Sleep?*

No, unless these have been prescribed by your doctor. **PLEASE, DO NOT STOP ANY OF YOUR MEDICATIONS WITHOUT FIRST CONSULTING YOUR PERSONAL PHYSICIAN!**

### *What Should I Bring?*

Your own pillow, bed clothes [Preferably two piece pajamas or gym shorts and T-shirt], and a book or something to work on while waiting. **Bring Your Prescribed Medications!**

### *What Happens To The Polysomnogram?*

Sleep studies are reviewed the following day by Mark Schultz, RPSGT and forwarded to Dr. Norman Imes in Oklahoma City, an expert in the field of sleep medicine. Generally it takes less than 5 days for the study to be scored and a medical report to be returned to your doctor. Your primary care physician will contact you for a follow up visit to review your results with you.



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## **INSTRUCTIONS FOR COMPLETING QUESTIONNAIRES**

While an extensive sleep history will be taken by the Sleep Technician the night of your study, answering these questionnaires will aid in the diagnostic process. Enclosed are the following questionnaires:

1. **MEDICATIONS LIST**

- It is IMPORTANT that you provide the Sleep Technician with a complete list of your current medications with the dosage and daily intake clearly stated.

2. **SLEEP LOG/SLEEP HISTORY**

- Please begin this as soon as you receive the questionnaire packet.

3. **QUESTIONS ABOUT YOUR SLEEP AND WAKE BEHAVIOR**

- please be as thorough as possible

4. **BED PARTNER QUESTIONNAIRES**

- If you have a bed partner who has recently observed your sleep please have them complete this questionnaire.

5. **EPWORTH SLEEPINESS SCALE**

- This is a standard medical assessment that is scored by the registered sleep technologist and aids in your diagnosis.

**PLEASE BRING THESE COMPLETED QUESTIONNAIRES WITH YOU TO THE  
SLEEP LAB FOR EVALUATION  
THE NIGHT OF YOUR STUDY**



PT ID #: \_\_\_\_\_

## EPWORTH SLEEPINESS SCALE

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_ AGE: \_\_\_\_\_

GENDER: (circle one)    **MALE**                      **FEMALE**

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation.

- 0- would never doze off**
- 1- slight chance of dozing**
- 2- moderate chance of dozing**
- 3- high chance of dozing**

<u>SITUATION</u>	<u>CHANCE OF DOZING</u>			
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting, inactive in a public place (e.g., a theater or a meeting)	0	1	2	3
As a passenger in a car for an hour Without a break	0	1	2	3
Lying down to rest in the afternoon When permitted	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after a lunch with no alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3

**TOTAL SCORE:** \_\_\_\_\_    **AVG. AMOUNT(HOURS) OF SLEEP PER NIGHT** \_\_\_\_\_







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### GENERAL HEALTH QUESTIONS

#### Previous and Current Medical Problems and Illnesses

YEAR	ILLNESS OR MEDICAL PROBLEM	HOSPITAL
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

#### Previous Surgeries

YEAR	ILLNESS OR MEDICAL PROBLEM	HOSPITAL
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

#### Allergies: to medications, plants, foods, dust molds, etc.

Medication/allergen	Reaction	Medication/allergen	Reaction
1) _____	_____	3) _____	_____
2) _____	_____	4) _____	_____

#### Medications

Please list all medications, vitamins, herbal supplements you are currently taking

MEDICATION:	DOSAGE:	# PER DAY	REASON FOR TAKING:
1) _____	_____	_____	_____
2) _____	_____	_____	_____
3) _____	_____	_____	_____
4) _____	_____	_____	_____
5) _____	_____	_____	_____
6) _____	_____	_____	_____
7) _____	_____	_____	_____

Have you ever used "recreational" drugs? YES / NO

IF YES PLEASE CIRCLE: LSD COCAINE AMPHETAMINES MARIJAUNA / HASHISH  
INHALENTS / AEROSOLS OTHER

#### Personal Habits

**Tobacco** Do you currently smoke or chew? Yes / No Amount per day \_\_\_\_\_

**Travel** Miles traveled daily to work, during, work, or for recreation. \_\_\_\_\_

**Diet:** Special diet or eating habits: \_\_\_\_\_

**Do You Exercise?** Walk \_\_\_\_\_ Aerobic \_\_\_\_\_ Other \_\_\_\_\_ No \_\_\_\_\_



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## BED PARTNER QUESTIONNAIRE

NAME OF PATIENT: \_\_\_\_\_ DATE: \_\_\_\_\_

NAME OF PERSON FILLING OUT FORM: \_\_\_\_\_

I HAVE OBSERVED THIS PERSON SLEEP:  
ONCE OR TWICE                      FREQUENTLY                      EVERY NIGHT

PLEASE CHECK ANY OF THE FOLLOWING BEHAVIORS OBSERVED WHILE THIS PERSON WAS SLEEPING

- |                   |                 |                             |            |
|-------------------|-----------------|-----------------------------|------------|
| Light Snoring     | Loud snoring    | Occasional loud snorts      | Choking    |
| Grinding Teeth    | Leg Movement    | Pauses in Breathing         | Crying Out |
| Awakening in Pain | Becoming ridged | Sitting up in bed not awake |            |

Other: \_\_\_\_\_

Please describe any additional comments you have about the sleep disorders above. Might want to include activity, the time during the night in which it happens, frequency during the night, and whether it occurs every night.

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Has this person ever fallen asleep during normal daytime activities or in potentially dangerous situations?  
Yes                      No

If yes, please explain:

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### SLEEP DIARY

NAME \_\_\_\_\_

START DATE \_\_\_\_\_ COMPLETION DATE \_\_\_\_\_

*Please darken the times with pen that you are asleep during the daytime and/or nighttime*

Date	Day	6am	7am	8am	9am	10am	11am	noon	1pm	2pm	3pm	4pm	5pm
	1												
	2												
	3												
	4												
	5												
	6												
	7												
	8												
	9												
	10												
	11												
	12												
	13												
	14												

Date	Day	6pm	7pm	8pm	9pm	10pm	11pm	mid-night	1am	2am	3am	4am	5am
	1												
	2												
	3												
	4												
	5												
	6												
	7												
	8												
	9												
	10												
	11												
	12												
	13												
	14												

If sleeping medications were taken, please make note of the medication, and star the date/time that these medications were taken. \_\_\_\_\_