



## Z SLEEP DIAGNOSTICS

4201 Anderson Ave D 120  
Manhattan, KS 66503  
785.537.1130

### APPOINTMENT:

**TIME:** Please arrive between 7 – 7:30 PM

#### What is a Polysomnogram?

A Polysomnogram is a sleep study. It measures what happens when you are asleep. A minimum of 14 different channels are observed. The information that is gathered tells us what happens when you are asleep. Breath by breath.

#### How do I fall asleep with all of this on?

The majority of people have no problem falling asleep. ***If for some reason you feel that you may have difficulty sleeping, please call our office prior to your study.***

#### Will I be able to get up and use the bathroom?

Yes, getting up is no problem; the technologist will show you what to do.

#### What should I bring with me?

1. Identification and Insurance Cards
2. You will need comfortable clothing (pajamas, gym shorts, tee shirt or a similar night gown).  
Please do not wear anything made of silk or similar materials.
3. Your own personal toiletries
4. Pillow, if you wish.
5. Clothes for the next day (many go straight to work following their study).
6. Any medication you are taking at bedtime.

#### Are there any special things I should or should not do?

1. The day of the test, do not eat or drink anything with caffeine in it, after noon.
2. Do not consume any alcohol after noon.
3. Do not take a nap.
4. Do not use hairspray, hair gel or oils.
5. Remove finger nail polish off one finger on each hand.
6. Take only the medications approved by your doctor.
7. Please remove any hair extension or weave that covers the scalp.

#### What time do I go to bed?

Bedtime is between 10-11 PM.

#### May I bring a snack?

Yes, a light snack. We do have a kitchen area with a refrigerator and microwave.

### We will provide:

A private room with cable TV and restroom. Two shower facilities are available. Soap and shampoo is provided with a hair dryer. Breakfast bars, oatmeal, coffee and juice are provided in our kitchen after your study for your convenience.

### Is this test covered by insurance?

Most health insurance policies cover the sleep test. If you have questions regarding coverage please call your insurance to verify coverage. If you have a deductible and co insurance due on your policy, you will be billed for any outstanding balance. *A separate claim will also be billed by an independent physician that interprets your study information and results.*

### When do I find out the results?

Generally within 7 days. Please call your physician to review to review your results. *Our staff is not able to discuss your testing results.*

### Cancellation Policy

We appreciate your consideration of contacting us as soon as possible if you need to cancel your sleep study.

### Call our office prior to your scheduled test if:

- You use a walker or wheelchair
- You are using supplemental oxygen at home
- Require someone to stay with you during sleep study

### MANHATTAN LOCATION: 4201 Anderson Ave D 120 Manhattan, KS 66503

