



Your physician has requested an overnight “sleep study” in order to evaluate you current medical condition.

Location: 2801 DeKalb Medical Parkway, Lithonia, GA 30058

ENTER through the Main Entrance of the Hospital, The ER will be on the left. Have a seat in the lobby just past the reception desk, straight and to the right. A technician will come and get you around 8:30pm and take you up to the sleep center. Park in the main hospital parking lot, parking is FREE.

Preparing for your sleep study:

We want your stay to be comfortable and restful. We anticipate that you will have questions. If so, please call us at **404-501-5927**.

A note about Cancellation:

In order to best serve all of our patients, it is extremely important that appointment cancellations and no-shows are kept to a minimum. We kindly ask that you call and give at least **24 hrs. notice of cancellation** prior to your scheduled appointment. **Failure to provide proper notification will result in a \$100 cancellation fee!!**

The Sleep Center:

Sleep studies are conducted 6 days a week at this center. Patients are asked to arrive at 8:30pm. The many features of the sleep center include tempurpedic beds, hotel-like suites with private bathrooms, televisions, 24 hr. security,

and individual temperature control for each room, as well as **lifetime access to the medical records.**

The sleep study...what is it?

We ask that you arrive at 8:30 pm. No guests are allowed with you during the study. The study starts about 10:30PM and ends between 5-6AM. It is performed in a private room with a queen-size bed. Small, non-invasive wires are attached to the head, behind the ears, and near the eyes. A few electrodes are placed on the chest and legs. A sleep study monitors brain waves, heart rhythm, breathing pattern, oxygen level, snoring, leg movements and body position. We ask that you do not get up during the night by yourself. Our staff is always ready and available to assist your needs.

What to bring:

You will need to bring your medication(s), driver's license, insurance card, a snack, reading materials, loose fitting pajamas or a two piece t-shirt and shorts. We ask that you shower, do not apply lotion or grease to scalp or skin and avoid hairspray, gel or grease prior to the study. It's best to do hair after the study. Please **NO MAKEUP.**

After the study:

It normally takes up to 10 business days for the final diagnosis to be completed. You can either make an appointment to see your referring physician to discuss the findings or consult with one of our sleep specialists. If you have not heard from anyone after 10 business days please feel free to contact us with questions at 404-501-5927.