



22-18 Broadway Suite 103 • Fair Lawn, NJ 07410 • 201-773-8185 • Fax 201-773-8187 • Comprehensivesleepcenter.com

Thank you for choosing Comprehensive Sleep Center for your sleep study. You have been scheduled for a sleep study on _____ at 9:00 PM.

Our address is 22-18 Broadway, Suite 103 Fair Lawn, NJ 07410. Please park on the side of the building in our off street, lighted parking lot. The main doors to the Broadway Medical Building will be open.

General Information

The study for which you have been scheduled will include measures of brain activity, muscle activity, breathing, and heart rate. Depending on the nature of your study, other measures also may be obtained. All of the tests performed are painless, and all of the recording devices that are used are placed only on the surface of the skin. Small electrodes will be applied to the surface of your scalp, temples, chin and lower legs for recording sleep patterns. Air flow, heart rate, chest movement, and oxygen levels will also be monitored. Rare individuals with sensitive skin may experience minor skin irritation from the paste and or cleansing solution used to apply and remove the electrodes. Please inform the technician the night of your study if you have any allergic reactions to adhesives like those found in medical tape.

To facilitate the application of the sensors and to obtain optimum readings we request that each patient shower and wash their hair prior to arrival at the sleep center. We also request that no lotions, oils or make-up be applied to the skin prior to the study as it might impede data collection.

Each study results in as much as 1000 pages of information, which must be individually analyzed. The full report generally will be available within one week of your sleep study. You may call following the study and we will report the results to you, if they are available, or we will tell you when they should be ready. A full report will also be sent to your referring physician. All studies are scanned initially for any abnormalities needing immediate attention, and in this case, we will contact your referring physician.

Please bring the following items with you.

1. Picture ID and health insurance card(s).
2. An overnight bag with any toiletries you will need and something to wear to sleep in. We recommend 2-piece pajamas, shorts and a t-shirt, or sweat pants, bring something comfortable.
3. A list of any medications you are currently taking and any medications you will need for that night and the following morning. This would include any non-prescription medications as well as none are available at the sleep center.
4. This paperwork filled out completely. If you have trouble with these forms we will be happy to help you with them when you arrive for your study. If you forget this paperwork you will be asked to fill out another set.

Financial/Office Policy

Please read carefully your responsibility to our center:

1. **Patients with Medicare** who do not have a secondary insurance will be responsible for their 20%. This amount will be billed.
2. **Secondary Insurance.** We will be happy to file your secondary insurance for you.
3. **No Show Fee:** A bedroom and the services of a highly skilled sleep technologist have been reserved for you for the night of your sleep study. If you are unable to keep your appointment, please contact us at 201-773-8185 at least 24 hours in advance to reschedule your sleep study. A No Show Fee of \$350 will be assessed otherwise. This charge is necessary due to costs incurred of having staff present especially for you that night and the fee will not be billed to your insurance. We want to treat you with the utmost care and keeping your scheduled appointments will allow us to do this in a most timely fashion. If you know you are going to be late in arriving on the night of your study, please call the sleep center at 201-773-8185 and leave a message for the sleep technologist.
4. **Change of information:** If you have any changes in your insurance coverage it is your responsibility to let us know immediately.
5. **Insurance denials/holds:** We will contact your insurance provider to pre-certify you as well follow up with you with any additional information. If you have any questions or concerns, in regards to this process or your study in general, please do not hesitate to contact the sleep center at 201-773-8185.
6. **Leave valuables at home:** Comprehensive Sleep Center does not assume liability for personal items of value. You will be provided a locked cabinet in your room where you can secure personal items.