

*****CANCELLATION POLICY*****

If you are unable to make your scheduled appointment, **please call 915-779-7378**

7378 between 9:00am – 5:00pm, Monday through Friday and at least 24 hours prior

to your test. Failure to provide the required notice will result in a \$100.00 room fee that is **NOT** covered by your insurance.

Our staff will make every effort to confirm the appointment, but if we are unable to reach you by 5 pm the day of the study, then the appointment will automatically be canceled due to no confirmation obtained.

Your Sleep Study:

A sleep study is a procedure which involves sleeping overnight in comfortable surroundings at El Paso Sleep Center. During the study, you will have several types of wires and monitors attached to you. These wires and monitors will give us information about your sleep patterns and allow us to diagnose several types of sleep disorders. A technologist will monitor your sleep through the night. If your provider has ordered a **Multiple Sleep Latency Test (MSLT)** in addition to your overnight test, you will continue with your study up to 6:30pm.

1. If you do not have a **current referral**, please ask your primary care physician for one to El Paso Sleep Center, (if one is required by your insurance company).
2. Arrive to the Sleep Lab no later than **9:00pm** or as early as **6:00pm**. Your sleep study will start between **9:00pm am 11:00pm**. If you have a regular bedtime that is earlier or later than this, please let your tech know and we will try to accommodate you. All sleep studies must start by 11:30pm at the latest; this is due to staffing and insurance coverage requirements. The sleep study ends at 6:00am. Patients are allowed to remain in their rooms until 10:00am.
3. You will be asked by your tech to turn off any cell phones, computers, tablet, and other electronics devices you may have with you during your entire test. Any emergency calls can be placed to the Sleep Center at (915) 242-1638 at Joe Battle and 915-504-6834 at the Mesa location only during the hours of 9:00pm to 5:00am. The tech will relay the message to you. The tech will not be able to cancel or reschedule your appointment.

4. No caffeine after 3:00pm.
5. Please shower and shave before you arrive for your appointment. (If you have a beard, you will **NOT** need to shave it off). Please **DO NOT** use face or body moisturizers, makeup, hair gel and sprays. All hairpieces, wigs and weaves must be removed.
6. Bring and take all medications as usual. We do **NOT** provide any prescription or over-the-counter medications. Diabetic patients please check your glucose levels and take appropriated action prior to arriving to the lab.
7. Patients with special nutrition/condition needs may bring any snacks or food needed.
8. Please bring your own toothpaste, toothbrush, and comb, and if you wish, your own pillows or blankets.
9. **Bring** something comfortable to sleep in. Pajamas, shorts or jogging pants are fine.
10. Patients with special needs must bring someone to assist them during the night. Please inform our office in advance if someone will be staying with you.
11. Please be advised that the Sleep Study Technicians cannot discuss the results of your sleep study with you.
12. If staying for a MSLT – discharge next day can be as early as 4:30pm and as late as 6:30pm,
Joe Battle Location:
 Will provide continental breakfast and lunch on-site
Mesa Location:
 Will provide breakfast and lunch on-site

Please feel free to have someone bring your breakfast or lunch if it is preferred. If you choose to bring your own food, please no caffeine.

Meals are provided only for the patients. Patients are allowed to bring snacks. You are welcome to bring a book or movie to use between naps.

THANK YOU FOR CHOOSING El Paso SLEEP CENTER

We won't rest 'til you do.....