

# The Polyclinic Sleep Center

10720 5<sup>th</sup> Ave NE • Seattle WA 98125 • 206.860.4545

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THE POLYCLINIC  
Part of Optum®

**\*\*\*When you arrive for your sleep study, please call 206-265-1541\*\*\***

We look forward to seeing you at 7:30 p.m. on \_\_\_\_\_ for your sleep study appointment.

If you anticipate being late or are unable to keep your scheduled appointment, please call Dr. Chang's office between the hours of 8 am and 4:30 pm at **206.860.4545**. Since a bedroom and a technician have been reserved especially for your sleep study at least 48 hours cancellation or rescheduling notice is required to avoid incurring any charges.

**Patients should plan to arrive between 7:15- 7:30 p.m.** Please do not arrive at the Sleep Lab before 7:15 pm, this will give the night staff a chance to prepare for patients as they do not arrive in the sleep lab until 7:00pm.

**Please let us know if you have any special needs before your study date so the office can make appropriate arrangements.**

## The Study

**Please be advised that although we will make you as comfortable as possible there may be some discomfort as this is a medical procedure.**

A sleep technologist will check you in and settle you into your bedroom.

Your technologist will explain all procedures that will be completed for your study. It will take approximately one hour to apply the sensors. Procedures will include the following:

- Electrodes will be placed on your scalp, temple, and chin to monitor brainwaves and muscle movement during sleep.
- A snore sensor will be placed on your neck.
- Electrocardiogram (EKG) wires will be attached to monitor your heart.
- Two belts will be placed on your abdomen and chest to monitor breathing.
- Two leads will be placed on each leg to monitor movement.
- An oxygen sensor will be placed on your finger to monitor oxygen levels throughout the night.
- An air sensor will be placed by your nose to monitor your breathing during the night.
- These sensors do not limit your mobility in bed, and are not obtrusive.

Throughout the study, the technologist will be available and may be summoned by an intercom device to assist you at any time. Patients may be disconnected, with assistance, from the monitoring equipment anytime throughout the night if they need to use the bathroom or get up out of bed. Your study will be completed by 6 a.m., and you will be free to bathe and depart at this time. We ask that you leave the sleep lab no later than 6:30 a.m.

If a CPAP or BiPAP machine may be used during the study, the technologist will explain that process to you during a trial demonstration before bedtime.

## No- Smoking Facility

Please note this is a No Smoking facility. Smoking is not permitted on the premises. If you feel you will need to smoke you will have to notify the technologist that you would like to step outside. The technologist will have to take you down the elevator and escort you outside. Once you are finished you will need to be buzzed back into the building and escorted up the elevator and into your assigned room.

## Special Needs

Technologists in the sleep lab are not nurses and cannot provide help with medications, nutrition, mobility or personal hygiene. If you require ANY assistance with daily activities or tasks, please call our office one week prior to the study so appropriate arrangements can be made.

## Preparing for Your Sleep Study

- Do not consume any caffeine (coffee, tea, cocoa or chocolate) or alcohol after NOON the day of your test.
- Do not take any naps during the day of your study, if possible.
- Maintain your regular daytime schedule.
- Your hair should be clean, as electrodes will be placed on your scalp. Clean hair means washed the day of the study. Please do not use hairspray, gel or other hair care products, or you will need to wash your hair prior to starting the study.
- Please do not wear make-up. If this is not practical, be prepared to remove your make-up when you arrive.
- Men, unless you have a beard, please arrive clean-shaven. If you have a beard, we can work around it, but stubble can be difficult to work with in the lab.
- Hairpieces and hair weaves must be removed. (We must be able to get to your scalp to do the test).
- Pack a small snack (No Caffeine) if you get hungry during your stay. The apartment has a refrigerator and microwave which can be used before the sleep study begins. The sleep lab does not provide food or beverages.
- If a spouse or friend is driving you from out of town, he or she will need to stay at a local hotel/motel.
- If a patient is younger than 18, a legal guardian must stay throughout the study.
- Although you will have a private room, please do not bring large amounts of cash, credit cards, or any items of value. The Sleep Lab is not responsible for lost or stolen property.
- During the sleep test you will be asked to turn off and put away all electronic devices (cell phone, tablet, laptops) as these may interfere with our equipment. Cell phones can be used up until the sleep study begins.

## What to Bring

- Bring a list of ALL medications you are taking.
- Do not stop any medications unless specifically requested by your referring physician. **Be sure to bring all the medications you will taking during the sleep study with you. The sleep lab does not dispense any medications.**
- Pack as if you are staying in a hotel for the night-
  - Pajamas (cotton is best),
  - Robe,
  - Toothbrush, Toothpaste
  - Shampoo/ Conditioner
  - Body soap

**The sleep lab does not provide these items so please bring from home if needed.**

- We ask that you wear clothing throughout the study. You are not permitted to sleep without some clothing on. Although pillows and blankets will be provided, you are encouraged to bring your own pillow or comforter if it may help you sleep.
- You may also want to bring some reading materials. There is a television in each living room.

The sleep study requires that you be in bed at the latest by 11:30pm and awakened in the morning no later than 6:00am. Due to staff considerations, you will need to be ready to depart the sleep lab by 6:30am.

We would be happy to answer additional questions or concerns you may have at any time. 206.860.5315 or 206.860.4545.

Please make sure to collect all of your belongings in the morning. We will only hold forgotten items for one week from the date of your procedure.

**Question:** Why do I have to arrive at 7:30 pm?

**Answer:** We require that all patients arrive at 7:30 pm because we have multiple patients to set up. This can take 30 to 45 min per patient and we are required to get everyone into bed no later than 12:00 am to allow us to capture the required 6 hours of recording. This will also allow you settle in and have any questions or concerns answered by your technician.

**Question:** Are the rooms sound proof?

**Answer:** The rooms do have extra insulation to minimize exterior noise however they are not 100% Sound proof. If you find that external noises are bothering you, we can provide you with earplugs.

**Question:** At what time will you be waking me in the morning?

**Answer:** The technician will be waking you around 6:00 am unless otherwise specified by you or the physician. If you require an earlier wake up time, please be advised that you may be asked to go to bed earlier to allow for collection of the required 6 hrs. of study.

**Question:** If I wake up during the night and can't go back to sleep can I go home?

**Answer:** We are required to acquire at least 6 hours of record time for a conclusive study. We may ask you to remain in bed and just relax. It has been our experience that most patients do get back to sleep. If you do decide to leave you will be asked to sign an early termination form which makes you responsible for payment of the procedure should your insurance deny the claim. This also states that you are leaving against medical advice.

**Question:** What happens if I tear off an electrode?

**Answer:** This will show up on our tracing and the technician will come in the room to re-apply or correct the problem.

**Question:** Do I have to wear the finger probe?

**Answer:** Yes, the finger probe is an essential diagnostic part of the study. It measures the oxygen levels in your blood throughout the night which can be affected by any breathing difficulties such as sleep apnea and heart arrhythmias.

If you have any other questions or concerns, please give us a call at  
**206.860.4545.**

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## DIRECTIONS AND INSTRUCTIONS FOR CHECKING IN TO THE POLYCLINIC SLEEP CENTER

### **Contact:**

To reach a Polyclinic technician the evening of your sleep study, call 206 265 1541.

*If sleepiness has been a problem while driving or during other potentially hazardous activities, we advise that you avoid those activities until your sleepiness has been resolved with treatment.*

Note- The Call box is currently not connecting to the sleep lab please call 206 265 1541 when you arrive.

### **Parking:**

Parking is very limited – we highly recommend to be dropped off at the sleep lab. Free parking is available at the Lane apartments, when you turn into the apartment complex turn left into the garage “Salal Credit Union & Future Resident Parking”. Any open spaces for Future Resident Parking is available – please DO NOT park in spots reserved for the Salal Credit Union.

### **Patients with Mobility Issues-**

Once turning into the Lane Apartment parking lot drive down the hill and you will see the handicapped parking spaces to the left. Please walk towards the building 10715 Lane apt doors- **THIS IS NOT OUR BUILDING-** the ramp will be to the left you will see our building at the top of the ramp, please call the technician (see above instructions) the Sleep Tech will buzz you in. Please wait in the lobby for the Sleep Technologist to come and take you to the Sleep Lab.

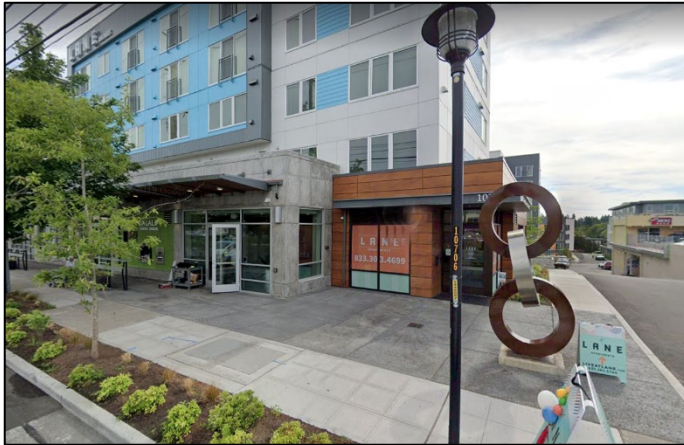


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## Map and Directions to The Polyclinic Sleep Center - Northgate:



**The Polyclinic Sleep Center**  
Lane Apartments  
10720 5<sup>th</sup> Ave. NE • Seattle WA 98125



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## **NORTHBOUND I-5:**

- Take exit 173 for 1st Ave NE toward Northgate Way
- Use the middle lane to turn left onto 1st Ave NE
- Turn right onto NE Northgate Way
- Turn right onto 5<sup>th</sup> Ave. NE
- Turn left into driveway of Lane apartments
- Turn left into parking garage entrance

## **SOUTHBOUND I-5:**

- Take exit 173 for Northgate Way toward 1st Ave NE
- Merge onto Corliss Ave N
- Turn right on to NE Northgate Way
- Turn right onto 5<sup>th</sup> Ave. NE
- Turn left into driveway of Lane apartments
- Turn left into parking garage entrance