



# *Sleep Disorder Center* of Panama City

*Jesus M. Ramirez, M.D.*

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Dear Patient,

You have been scheduled for an overnight sleep study. This test will allow us to monitor your breathing and sleep in order to determine which, if any, sleep disorder that you may have. This is a non-invasive diagnostic test. We would like to make your night here with us as close to your regular nights sleep at home as possible. Please feel free to bring any items that you may need to ensure a restful nights sleep (e.g. pillow, small fan).

It is important that you keep your scheduled appointment. If for some reason you need to cancel or change your appointment you must notify our office **NO LATER THAN 24 HOURS** prior.

Please read all additional instructions in this packet as well as frequently asked questions. Feel free to contact our office at 850-769-1797 with any other questions or concerns prior to your sleep study and we will be happy to answer them for you.

Your appointment is scheduled for \_\_\_\_\_ at \_\_\_\_\_ P.M.

Please plan to arrive at the Sleep Disorder Center at least 15 minutes prior to your appointment time to complete any necessary paperwork.

Dr. Ramirez and the Sleep Disorder Center look forward seeing you and the opportunity to assist you in getting the best nights sleep possible.

Your follow up appointment, at which you will receive the results of your sleep study, has been pre-scheduled for your convenience. That appointment has been scheduled for \_\_\_\_\_ at \_\_\_\_\_ A.M./P.M. This appointment will be at the same facility in which your sleep study was conducted.

Thank you,

Dr. Ramirez &  
The Sleep Disorder Center of Panama City staff



## **Instructions for the Day of your Sleep Study**

- ✓ Avoid taking naps if at all possible.
- ✓ Avoid caffeine after 10 am (including soda, tea, coffee, and chocolate). No alcohol should be consumed on the day of your sleep study.
- ✓ Hair and skin should be clean and oil free. Do not wear makeup, oils, or creams on you face or body. No weaves or hair braids if possible.
- ✓ Take all your usual medications except any sleep aids unless otherwise instructed by Dr. Ramirez. If a sleep aid is necessary the sleep technician will instruct you when to take it upon your arrival.
- ✓ Bring comfortable and modest sleeping attire. Sleep attire should be loose fitting and two pieces (shirt and shorts/pants). Do not wear silk. Do not wear anything tight fitting around your ankles.
- ✓ There is no food available and the Sleep Disorder Center. You may bring a snack if you need one.
- ✓ Bring picture ID, insurance card, and completed new patient paperwork with you to your sleep study.

*Please be advised that the technician performing your sleep study may be a male. If you have a concern in regards to this matter please feel free to call our office to see which technicians are working on the night of your sleep study*

The Sleep Disorder Center of Panama City is located on the corner of Business 98 and Macarthur Ave. It is adjacent to Dr. Wong's office in an 'L' shaped plaza. The door remains locked at night for the safety of both the technicians and our patients. Upon your arrival, knock on the front door and a technician will come to the door to greet you and show you to your room.



### Frequently Asked Questions

- What time will my sleep study be finished in the morning?

*A typical sleep study concludes between 4am and 6am*

- How do I go to the bathroom during my sleep study?

*Bathrooms are conveniently located next to your bedroom and technicians are available to assist you in unhooking from the sleep study equipment. .*

- Can a family member or spouse stay with me?

*This is a medical procedure and therefore it will be necessary for you to sleep alone. A family member may accompany a patient ONLY if the patient is a minor or has special needs.*

- Will I have to sleep on my back?

*Yes. It will be necessary to be in the supine position during most of the testing however it will not be for the entire testing period.*

- What exactly is a sleep study (PSG)?

*Polysomnography (PSG) or sleep study is considered the “Gold Standard” for the diagnosis of sleep disorders. This testing measures brain waves (EEG), eye movement (EOG) muscle movement (EMG), respiratory air flow, respiratory effort, oxygen saturation, snoring, heart activity (EKG), arm and leg movements, as well as body position. This information is 6-8 hours and is analyzed to note any patterns or behaviors that are impacting your sleep.*

Thank you for choosing Dr. Ramirez and the Sleep Disorder Center of Panama City!!