

Bartlett Regional Hospital

Dear Patient:

You have been scheduled for a sleep study at Bartlett Sleep Sciences located at 3260 Hospital Drive here in Juneau.

Please check in at the admitting area by the Emergency Department twenty minutes prior to your appointment. Bring your ID and Insurance Card with you.

During the night, several sensors will be placed on your head, face, legs, and chest to monitor you while you are sleeping. These sensors do not hurt and though it may sound cumbersome, you will have full range of motion and be able to move around your room and turn in bed as you normally would. After the hook-up is complete, you will be able to watch TV or read until the technologist is ready for you to go to bed.

If you need additional information please do not hesitate to contact the sleep lab.

Please make sure you have had dinner, as it will not be provided. You will need to take a shower before coming to the lab and wash your hair. Please do not put on any make up or put anything in your hair such as gel or hairspray, as this makes the hook-up process very difficult. Please do not use strong smelling soap or apply perfume, as many people are extremely sensitive to these smells. You will need to bring with you some loose fitting comfortable clothing to sleep in. A pair of shorts and t-shirt will work. Sweats or two piece pajamas are also acceptable. Please do not bring a nightgown, as they tend to get tangled up in the sensors. You will not need to bring a clock to your study.

You will be able to complete your normal bedtime routine and you will need to bring whatever things with you that you will need to complete that. There is a private bathroom in each patient room. You will be able to shower in the morning after your study if you wish and go directly to work if need be.

A physician will read your study and see you with results afterward. This process will take place the morning after your study. Breakfast will be provided just after 7 a.m.

Enclosed are a questionnaire and a sleep log that are very important to the success of your study. Please take some time to fill them out and bring them with you when you come in for your appointment.

If you have any questions, or if you are unable to make your appointment for any reason, please contact us at (907) 796-8875.