

Night and Day Sleep Services – Staten Island
1 Teleport Drive, Suite 200A Staten Island, NY 10314
www.nightanddaysleep.com

Fax to: 914-333-5925
Attn: Sleep Referral Coordinator
Tel: 914-333-5813

Date: _____

Dear Mr./Mrs./Ms. _____

Dr. _____ has scheduled you for overnight Oral Appliance Titration sleep study on _____ at **8:30 PM**. You may park in the visitor parking lot at no charge.

Be sure to bring your insurance information with you. While we check your insurance coverage we ask that you call your insurance company to verify your coverage. You will be responsible for any deductible and/or co-payment at the time of registration.

On the night of your appointment, please bring all medications you are currently taking. A light snack if desired, sleepwear, toiletries, and any reading material you would prefer. To contact the lab directly in case of last minute questions call 347-825-3952.

Our available procedure time is **VERY** limited. With our backlog of patients needing procedures, we believe it is not fair to other patients when a procedure time goes unused. Please try to give us at least 48 hours if you find it necessary to cancel or reschedule an appointment. This way we can fill the time with another patient who has been waiting for this important medical care.

If canceling your appointment is necessary we ask that you notify us at least 48 hours in advance to avoid a \$100 cancellation fee. If you have any questions concerning the testing procedure or how to complete the enclosed forms, please call the Sleep Referral Coordinator at 914-333-5813 and our staff will assist you.

Cordially yours,

Sleep Referral Coordinator

Reminder: We require 48 hours notice of any appointment change or cancellation.

SLEEP LABORATORY PATIENT INSTRUCTIONS TO BE DONE ON THE NIGHT OF YOUR APPOINTMENT.

You are scheduled for an Oral Appliance Titration test. For this overnight procedure you will be wearing the Oral Appliance Impression tray made by your Dentist for the titration procedure. This procedure is similar to that of a regular overnight sleep study and also involves a complete hook up with non-invasive electrodes that enables a complete monitoring of your sleep and respiration and allows us to titrate your Oral Appliance Impression device during sleep. Your jaw is controlled and protruded remotely to determine the optimal protrusion that eliminates respiratory events and corrects your sleep apnea during sleep.

1. **PLEASE BRING THE FOLLOWING WITH YOU:**
 - a. **The Oral Appliance Tray given to you by your Dentist/Doctor**
 - b. **The Prescription given to you by your dentist with details about your Settings for the procedure**

2. **PLEASE ALSO BRING THE FOLLOWING ENCLOSED FORMS COMPLETED ON THE NIGHT OF YOUR STUDY:**
 - Pre-test Questionnaire
 - Sleep Diary
 - Epworth Scale
 - Partner Questionnaire (if applicable)
 - Pediatric Questionnaire (if applicable)

FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN THE CANCELLATION OF YOUR TESTING:

As natural body oils and normal dirt affect the functioning of the equipment used to perform this test, the following instructions must be carried out on the day of your scheduled appointment.

1. **COMPLETE SHOWER OR BATH:**
2. **WASH HAIR WITH SHAMPOO ONLY:** Please no conditioners, hairdressing cream, oils, gels, or hairspray are to be used after your hair has been washed.
3. **HAIR AND SCALP MUST BE COMPLETELY DRY:** upon arrival at the sleep lab otherwise testing will be delayed.
4. **FOR MEN:** Please shave before coming in for your sleep study. This will help keep the sensors in place. If you have a beard please trim it as much as possible before your study.
5. **FOR WOMEN:** If you wear makeup, please wash off before coming in for your sleep study. Do not wear nail polish on your pointer finger as it may interfere with pulse oximeter reading.

ADDITIONAL INSTRUCTIONS INCLUDE:

6. **FRESH NIGHT CLOTHES:** Garments should be of a cotton or cotton-blend material. A loose fitting top such as a T-shirt or pajama with a button down front and loose fitting bottoms such as shorts, sweat pants, or pajama pants is recommended. Room temperature must be maintained between 65-68 degrees for testing, bring nightclothes that will be comfortable for you under these conditions. You may bring reading material if you desire. Television is available but NOT during testing.
7. **NO ALCOHOLIC OR CAFFEINATED BEVERAGES AND NO FOODS CONTAINING ALCOHOL OR CAFFEINE FOR AT LEAST 6 HOURS BEFORE TESTING:** Alcohol and caffeine consumption will cause disruption of sleep cycles and therefore alter test results so please avoid foods and beverages that contain them on the day of your appointment. If you require a snack at night before bedtime please bring one with you, since we are an outpatient facility we do not have food service available.
8. **PLEASE AVOID BRINGING VALUABLES TO THE FACILITY ON THE NIGHT OF YOUR SLEEP STUDY.**

Reminder: We require 48 hours notice of any appointment change or cancellation.

Night and Day Sleep Services – Staten Island

1 Teleport Drive, Suite 200A Staten Island, NY 10314

www.nightanddaysleep.com

Fax to: 914-333-5925

Attn: Sleep Referral Coordinator

Tel: 914-333-5813

“What do I need to bring for the sleep study?”

An overnight bag. We recommend loose fitting clothing. **For women:** we recommend a two piece pajama set. Please note that we provide pillows and blankets at the sleep lab but you may bring the following items to make your stay more comfortable; favorite pillow/blanket reading material, teddy bear. **Please take any medications before coming into lab. If you must take medication at night, please bring medications in their original containers. If you are an asthmatic, remember to bring your inhalers.**

“Do I need to do anything differently the day of the test?”

Follow your normal routine and try to eat your meals as you normally eat and take your normal medications. We do ask that you avoid alcohol and caffeine at least 6 hours before the test. If you shave, shave your beard regularly, we also ask you shave before you arrive.

“Where do I go once I get to the sleep lab?”

Enter through the security gates. Free parking is available beyond these gates. Make a right into Corporate Commons. The lab is on the 2nd Floor in Building 1 through the double doors. Suite # 200-A. Please go down the hallway. Lab is all the way round the corridor.

“What if I can’t sleep?”

We do not expect you to sleep just the same way that you do at home but our technicians work hard to create an environment that is as friendly and comfortable as possible. We need a minimum of two hours of sleep time to make a diagnosis but ideally six hours of sleep data is desired.

“What if I have a hair piece?”

If you have a hair piece it is important that you share this information with sleep referral coordinator at time of scheduling. If the technician cannot get to the scalp we won’t be able to perform sleep study. Electrodes need to be placed on scalp in order for us to properly diagnose you.

“What time will I be awakened?”

The technologist will wake you between 5:30AM and 6:00AM.

“Who do I call if I have questions?”

Please call the Sleep Referral Coordinator @ **347-825-3952**.

“Who do I call if I arrive at the lab and find the doors locked?”

Please call Dimitri Elibert @ 914-879-2053 or Nausheen Ahmed @ 845-287-2426.

“Who do I call for the results of my sleep study?”

Please wait at least two weeks before calling your doctor for the results of your sleep study.

Reminder: We require 48 hours notice of any appointment change or cancellation.

Night and Day Sleep Services – Staten Island

1 Teleport Drive, Suite 200A Staten Island, NY 10314

www.nightanddaysleep.com

Fax to: 914-333-5925

Attn: Sleep Referral Coordinator

Tel: 914-333-5813

Directions:

By car from Brooklyn and Queens NY:

Take I-278 W (Portions toll).

Take EXIT 6 toward South Ave

Merge onto Goethals Rd N

Turn left onto South Ave. Turn slight right.

Take the 1st left onto Teleport Dr.

1 Teleport Drive is on the right. (Corporate Commons)

(Same building as Lavelle charter School)

Take elevator to 2nd floor and doorway to the left hallway.

Sleep Lab is at the end of the hallway- on the left side.

By car from NJ via Outer Bridge crossing:

Take 287 South to 440 North .

Merge onto NY 440N/W Shore Expressway N towards I-278/Staten Island Expwy

Take the South Ave- **Exit- 8**

Turn Rt onto South Ave

Turn Right on Teleport Dr

1 Teleport Drive is on the right. (Corporate Commons)

(Same building as Lavelle charter School)

Take elevator to 2nd floor and doorway to the left hallway.

Sleep Lab is at the end of the hallway- on the left side.

By Car from NJ via Goethals Bridge:

Take 278 E towards Goethals Bridge

Merge onto Forest Ave via **Exit 4**

Forest Ave becomes Gulf Ave

Turn Left onto Edward Curry Ave

Turn slight right

Take 1st left to Teleport Dr.

1 Teleport Drive is on the right. (Corporate Commons)

(Same building as Lavelle charter School)

Take elevator to 2nd floor and doorway to the left hallway.

Sleep Lab is at the end of the hallway- on the left side.

Reminder: We require 48 hours notice of any appointment change or cancellation.