



## Polysomnography (PSG) Patient Education Sheet

Adults @ 2115

Appointment Date/Time: \_\_\_\_\_ Pediatric @ 2015

You are scheduled for an overnight sleep study at the Wilford Hall Sleep Disorders Center. This study involves spending the night at our center while we monitor your sleep. During the study, several types of monitors and electrodes will be attached to you. These devices will help us gather information about your sleep patterns and diagnose various sleep disorders.

In some cases, you may be scheduled for a limited polysomnography (PSG). A limited PSG uses fewer monitoring channels and is specifically designed to diagnose obstructive sleep apnea (OSA). Only patients with a high probability of having OSA will be scheduled for this type of study. If your limited PSG results do not indicate OSA, you may need to **repeat** the study with a full setup.

### What to expect at your sleep study

- Arrival time for adults is 2115 (9:15pm) and Pediatrics (17 and younger) 2015 (8:15pm). **If you are late, we may have to reschedule your appointment due to insufficient time to collect data.** You'll be released between 6:30 A.M.-7:00 A.M.
- You must enter through the front of the building through the A Wing sliding doors. The front A Wing door will lock @ 9 pm. Please call (210) 292-5948 to let the technicians know you are here so they can let you into the building. Parking is available in the parking lot next to the building (please refer to the map). Patients must be escorted through the building after business hours.
- Your sleep tech will escort you to your private room equipped with bathroom/shower. The sleep tech will explain the paperwork you need to fill out, orient you to the room, and discuss what to expect during the study.
- You will be asked to get ready for bed. Once in your sleepwear, the technician will place monitors and electrodes on you using conductive paste and tape (from head to legs). If you need to go straight to work in the morning, you may want to shower to remove the paste.
- Please turn off/silent any cell phones, pagers, tablets, and other electronic devices during your test. For emergencies, calls can be placed to the Sleep Center at (210) 292-5948, and the technician will relay the message to you at a timely manner.
- Only a medical caregiver (if needed) or one parent of a pediatric patient may stay overnight.

### What should I bring/ how to prepare for sleep study?

- Medication – Take your medication as prescribed. Wait to take any medication that affects your ability to drive until you arrive at the sleep center. If you have any questions regarding whether you should take your medications on the night of your sleep study, please consult your primary care physician.
- Two-piece sleepwear (we do not provide gowns or other forms of bed clothes).
- Toiletries, hair dryers, or other hygiene items that you may need (we can provide towels, soap, & shampoo).
- We need access to your entire scalp to attach the electrodes. Please do not arrive with irremovable hair pieces. Please plan accordingly to avoid being set home.
- Avoid using conditioner, gel, mousse, hairspray, or body lotions before your sleep study.
- Alcohol: Do not consume alcohol prior to your sleep study. If the technician feels you are inebriated, the study will not be performed.

### Other things to keep in mind:

- If you bring your own pillows and blankets, remember to take them home. Items left behind will be discarded after 24 hours (per Infection Control).
- If you are at risk of falling or need assistance with self-care activities, you must have a caregiver stay with you. A bed is available for caregivers. Please inform the staff when scheduling if a caregiver is needed.
- **Canceling Your Appointment:** If you need to cancel your appointment, please call the Sleep Disorders Center as soon as possible so that we can offer your spot to someone else. Cancellations must be made at least 24 hours Monday through Friday, or your appointment will be marked as a "No-Show." Sunday's appointments by Friday NTL 2pm.
- **Contact Information:** If you have any questions or concerns, please call the Sleep Disorders Center at (210) 292-7129. Our regular business hours are Monday to Friday, 7:30 AM to 4:30 PM. If there is no answer, please leave a message, and we will return your call as soon as possible.

**SCAN FOR A DIGITAL COPY OF THIS PAPER & TODAY'S PRESENTATION**





**Wilford Hall Ambulatory Center**  
**1100 Wilford Hall Loop Bldg 4554**  
**Lackland AFB, 78236**

**Sleep Lab: 2 Floor, A wing**

**Directions:**

- Enter through Luke gate
- Turn left on Bong Ave.
- Go Straight at the stop sign.
- Turn left into the parking lot.

**Sleep Lab (day time number):**  
**(210)292-7129**

**Sleep Lab (night time number):**  
**(210)292-5948**

For a faster and more efficient response, please send us a message via MHS Genesis Patient Portal!

Sleep pool name: **USAF Lackland WHASC Sleep Medicine Pool**

<https://my.mhsgenesis.health.mil/>

- **★ WHASC Sleep Disorders Center:**

Located on the 2nd Floor Wing A  
210-292 - 3322/ 7129

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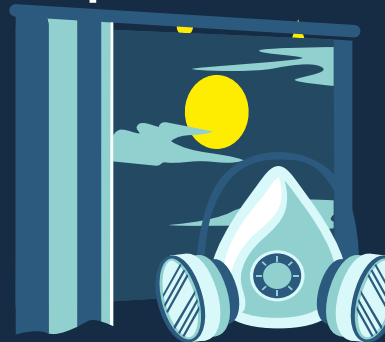


Please fill out all paperwork **LEGIBLY** as it is essential for your next appointment.

If you have any prior sleep disorder history, please include this in the margins of your questionnaire!! (Ex. prior sleep studies, PAP therapy/treatment, sleep disorders & diagnoses, etc.)

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# Why am I Here?

Your Primary Care Manager referred you to the Sleep Disorders Clinic for many possible reasons.

**Some of these may include:**

**Snoring/ pauses in breathing, vivid dreams, nightmares, restless legs, daytime sleepiness, previous history of Sleep Disorders.**

Every patient is REQUIRED to attend this orientation.

# Sleep Study FAQ's

## Where should I go for my sleep study?

1. Enter through the Luke Gate.
2. Park in the parking lot closest to the A Wing entrance.
3. Upon arrival, call 210-292-5948 to inform a tech you've arrived. They will meet you at the A wing entrance to let you in the building.



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# Sleep Study FAQ's

## When should I arrive for my sleep study?

- Adults should arrive at 2115 (9:15 pm).
- Patients 17 & under should arrive at 2015 (8:15 pm).

We may have to reschedule if you are late for your sleep study!

- You will be released between 0630-0730 the following day.
- You may leave earlier if needed; please notify the sleep lab staff.



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# Sleep Study FAQ's

## ★ What should I bring to my Sleep Study? ★

- Two-piece comfortable sleepwear for wire access. (Ex. shorts/ sweats/ pj pants or t-shirt)
- Toiletries & Hygiene items you may need AM/PM (We have showers, soap, shampoo, towels, shaving kits & dental hygiene products)
- You may bring your personal pillows & blankets.
- Any medications you may need throughout the night.

DO NOT take sleep aids/ inhibiting medications before arriving at the Sleep Lab! You MUST inform your Technician if you plan on taking a sleep aid to ensure the accuracy of your sleep study!

Alcohol: Do not consume alcohol prior to your sleep study. If the technician feels you are inebriated, the study will not be performed.

# Sleep Study FAQ's

## ★ How should I Prepare for my sleep study?

- Do not alter your current sleep pattern.
- Arrive with clean/dry skin. No body lotion, creams, etc.)
- Arrive with a clean/ dry scalp. No gel, hairspray, hair pieces, weave, hair scarfs, or bonnets.

We MUST have access to your scalp for electrode placement!

- Cell phones must be silenced during study.  
We will provide you with a phone number for emergencies.

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# Sleep Study FAQ's

- Overnight Sleep Studies Consist of Two Types:
  - Full PSG Sleep Study (In-Lab Sleep Study)
  - Limited PSG Sleep Study (Home Sleep Study)
    - A limited PSG uses fewer monitoring channels and is specifically designed to diagnose obstructive sleep apnea (OSA). Only patients with a high probability of having OSA will be scheduled for this type of study. If your limited PSG results do not indicate OSA, you may need to repeat the study with a full setup.

# Sleep Study FAQ's

## ★ Can I bring anyone with me to my Sleep Study? ★

- No.
- Family members cannot stay the night unless needed as a caregiver.
- Please notify staff when scheduling if a caregiver is required for the Sleep Study patient.

We are unable to assist with transferring, toileting, and other self-care activities.



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# Sleep Study FAQ's

## What if I need to reschedule my Sleep Study?

- Please call **210-292-7129** to cancel & reschedule.
- Please cancel your Sleep Study Appointment before 1430 (2:30 pm). Cancellations after 1430 (2:30 pm) will be marked as a no-show!
- Active Duty will receive a “No-Show” letter to their commander.



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# Sleep Study FAQ's

## Is the Sleep Lab schedule flexible?

- Yes!
- The sleep lab is open 7 days a week.
- We do have weekend availability.
- We can also accommodate night shift workers with daytime sleep studies! When scheduling, notify staff members that you need a daytime study.



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# Sleep Study FAQ's

## What is the Short Roster?

- If you want to be called to complete your sleep study sooner, mark the “Short Roster” box on the “Procedure Order Form” in your folder.
- If we call you for a Short Roster spot, and you cannot make that date, we will keep you on the list, as you are not obligated to take this spot.



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# Sleep Study FAQ's

## What happens after my Sleep Study?

- It takes approximately 3-4 weeks for the results.
- Once your sleep study has been read and the results are available, the Sleep Clinic will contact you to discuss the next steps.
- You may obtain your Sleep Study results through the Release of Information office on the 3rd floor, Wing A.



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# Sleep Study FAQ's

## ★ Check your messages!

The sleep clinic will notify you via MHS Genesis when your sleep study is completed. Make sure your account is set up, and check your messages regularly.

MILITARY HEALTH SYSTEM  
**MHS GENESIS**

*Patient Portal*

The Military Health System's new MHS GENESIS Patient Portal, allows patients to:

- Monitor your health information
- See laboratory and test results
- Exchange secure messages with your care team
- Update your patient portal
- Make appointments

To access the new MHS GENESIS Patient Portal, visit [patientportal.mhsgenesis.health.mil](http://patientportal.mhsgenesis.health.mil).



The MHS GENESIS Patient Portal is available where the new electronic health record is in use.

For support relating to MHS GENESIS issues, please contact: the Global Support Center (GSC) at 1-800-600-9332.



DEPARTMENT OF DEFENSE  
**MHS GENESIS**

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# Conclusion

Thank you for attending the Adult Sleep Clinic  
Orientation Group Briefing!

Please follow signs, and stop at each table  
after **fully completing** your Questionnaire/  
Paperwork.

**Remember, this paperwork is ESSENTIAL for  
your next appointment!**

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