



Sparrow Sleep Center

St. Lawrence Campus
1210 W Saginaw
3rd Floor, South Wing
Lansing, MI 48915
Phone: 517.364.6310

Adult Patient Instructions

Your physician has requested that you undergo a sleep study. You do not need to go to admitting to get papers for this test. You will be pre-registered by phone 3-4 days before your sleep test to complete the insurance information required, or you can pre-register online at www.sparrow.org/noticehome.asp.

The Sleep Center is located in the westernmost building of the St. Lawrence campus. The patient parking lot can be accessed from Oakland or Saginaw Street. Follow the signs for Hospice and Surgery. Enter the building at the main entrance on the west side. The doors are locked after 8:00 p.m. If you will be arriving after 8:00 p.m., use the intercom at the entrance to speak with someone who will electronically unlock the door. You will find the elevators straight ahead and will need to take them to the third floor. There will be sign to lead you to the Sleep Center, which is in the South wing.

You will be scheduled to arrive at the sleep center 1-2 hours before your normal bedtime. Upon arrival, you will be greeted by one of our technologists and be shown to your room for the night. Each room has a private bathroom. Television is available, but you may want to bring reading material. The technologists will prepare you for your sleep study by attaching a number of small monitoring devices. You will be able to go to sleep at your normal bedtime. The following suggestions may answer questions you have:

- Please, no naps the day of your scheduled sleep study.
- Bring your medications with you to the sleep study.
- It is best if you bring sleepwear that is two pieced, loose fitting and comfortable to sleep in.
- Limit your caffeine or alcohol intake three hours prior to your test.
- Many people prefer to bring their own pillow.
- Bring your own toiletries that you might need to prepare for the day; washcloths and towels will be provided.
- It is not necessary to bring an alarm clock.
- You will need to be in bed a minimum of six hours to ensure accurate and complete testing.
- Please bring your insurance card and driver's license or state I.D. card.
- At the end of the study, you will have a small amount of paste on your scalp that comes out with shampoo.

