



# UNC Sleep Laboratory Home Sleep Study Info Packet

**Thank you for scheduling a Home Sleep Study in the UNC Sleep Laboratory!**



We are located at:  
**UNC Main Hospital  
101 Manning Drive  
Chapel Hill, NC 27514**

## **Where do I park?**

Patient Parking is in the Dogwood parking deck, directly across Manning Drive from the Hospital. The entrance to the Deck is from East Drive. Follow the Skywalk to the Hospital Entrances. UNC Parking will charge \$2 per hour for parking. We cannot waive this fee, and we cannot validate parking. A shuttle to the Main Hospital Entrances runs every 15 minutes Mon-Fri 7:30am-9:30pm.

There is also Valet Parking available in front of the Main Hospital entrances on Hospital Drive. Please follow the signs to take advantage of this service. Cost is \$12. Valet Parking is available M-F 5:30pm-7:30pm. There is no Valet on Saturday or Sunday.



## **Where do I check in?**

Check-in time for home sleep studies is either 4:00pm, 5:00pm or 6:00pm at the Women's Registration Desk on the Ground Floor in the Women's Hospital.

Please confirm your appointment 2 to 3 days ahead by calling 984-974-3294. You can also confirm by text, or through your UNC MyChart. If you do not confirm your appointment, it may be cancelled or rescheduled based upon Lab needs.

You can pre-register for your appointment by calling 984-215-6899. Please have your appointment date and time, as well as your insurance card available when you call.

## **How much will this cost?**

Our Financial Navigator Team will be happy to give you an exact dollar amount, based upon your Insurance, deductibles and copays. **Please call 984-974-2927 to speak to our Financial Team.**

Depending on your Insurance Coverage, you might be asked to pay a deposit at check-in for your Home Sleep Study. Our Financial Team can tell you if you will need to pay a deposit or not, and the amount. Please call them at the number above.

## **Once I'm checked in, where do I go?**



Once you are checked in at Registration, you will be given a map that will show you the way to our Sleep Lab on the 1<sup>st</sup> Floor of the Anderson Pavilion. If you need assistance getting to the Lab, please request at Registration that our Patient Transportation Team bring you to the Sleep Lab. They will be happy to assist with a wheelchair escort to our Lab.

Once you have made your way to the Sleep Lab entrance, please pick up the black telephone. One of our Sleep Technologists will answer, and come to escort you back to the Sleep Lab for your equipment hookup. Your Technologist will explain the Home Sleep Study and equipment, as well as how the study will run.

## **What is a Home Sleep Study like?**

After you arrive at the Sleep Lab, you will meet with your Technologist. They will be a great resource for answers to your technical and sleep-related questions. Home Sleep Studies use a number of small sensors that are held on by medical adhesive (or medical tape for some patients.) There will be at least a dozen sensors around the head, below the nose, and at each wrist and ankle. Full set up takes about an hour. Please be sure to bring or wear your Sleep Clothes to the appointment.

All wires from the various sensors lead back to a collection box, held in a pouch on a sling you wear over your shoulder. Once the equipment is hooked up and sensors are in place, the Technologist will give you any last-minute instructions and answer your questions. You can also let the Technologist know what time the following morning you would like to return for your unhook. The equipment is recording from that point onward, and you can return home at your convenience.



The Home Sleep Study equipment should not impair your ability to drive, should you need to drive yourself to or from the appointment. There are no special restrictions on when you need to go to sleep that evening. However, please keep in mind that we would like about six (6) hours of recorded sleep time, if possible.

Once you are ready for bed that evening, you can place the pouch and sling beside you in bed, or on the nightstand, whatever is most convenient.

When you awake the next morning, please come directly back to the UNC Sleep Lab to have one of our Technologists remove the equipment for you. Please do not remove the equipment yourself, as this may damage the equipment. You can skip the Registration desk on your return visit, and come directly to the Lab. Pick up the black telephone you used before, and a Sleep Technologist will come to escort you back to the Lab. Unhook should take about fifteen (15) minutes. Once you are unhooked, you are free to go.



Our Sleep Lab staff will then download your sleep data, and send it on to our Sleep Doctor for interpretation. Once this has been done, a Sleep Report will be sent to your referring physician, and uploaded to your MyUNCChart in the 'Test Results' section. Please contact your referring physician directly to go over the test results, and discuss any treatment or additional testing that might be needed.

## **When and how do I get my Study Results?**

The Sleep Report should be ready within 5 to 10 business days after your sleep study is complete.

**The Physician who referred you to our Lab will share and explain your Sleep Results, and any treatment for you going forward.** Your Provider will also prescribe any equipment or medications to



treat your sleep issues. Our UNC Sleep Doctors only prescribe equipment or medications for their own UNC Sleep Clinic Patients.

**If you require a CPAP Study,** based upon your Home Sleep Study results, your referring physician may put in a new Order for this with our Sleep Lab.

**Please call us directly at 984-974-3294** if your Physician is ordering a CPAP Titration Study for you based upon your Home Sleep Study results, and our friendly Scheduling Staff will be happy to help set you up.



## **Important Sleep Study Tips and Information**

- Bring or wear comfortable sleepwear (i.e. pajamas, or shorts/sweats & a t-shirt). Once we get the Home Sleep Study equipment hooked up to you, it will be nearly impossible to change your upper garments. **Please be sure that whatever top you are wearing is suitable to wear to bed for the night.**
- Please take a shower or bath, and wash your hair before your study. Do not use skin or hair care products after showering. (Please arrive dry for your study.)
- **Remove any hair weaves, wigs, toupees, cornrows or tight braids prior to coming in for your sleep study.** We must have clear access to your scalp. As long as we can get to any point on your scalp, loose braids or dreadlocks are okay. (Please let our Scheduling Staff know if we need to reschedule your study to match your braiding or weave schedule.)
- Please do not wear make-up or lotions. Deodorant is okay.
- Please avoid food or drink with caffeine on the day of your study. (Coffee, tea, soft drinks, chocolate, etc.)
- You may wear loose-fitting outerwear over the top of the Home Sleep Study equipment. (Ex. Hoodie, jacket, etc.)
- Home Sleep Studies are NOT performed on any patient under 18 years of age. Pediatric patients under age 18 should have in-laboratory sleep studies, with a Technologist and parent/guardian available.

## **Where can my Spouse / Relative / Driver stay?**

If you are driving from a great distance for this Home Sleep Study, you may wish to stay locally in a hotel room overnight rather than driving all the way home.

**MedStay Chapel Hill** can assist you with finding a discounted hotel room for family members that need to travel with you. Call (877) 633-7829 or go to [www.medstaychapelhill.com](http://www.medstaychapelhill.com).

## **Web Links for Additional Information:**

Directions to the UNC Sleep Lab:

<https://www.med.unc.edu/neurology/divisions/sleep-1/directions-to-unc-sleep-lab/>

UNC Hospitals Parking & Transportation Office:

<https://www.uncmedicalcenter.org/uncmc/patients-visitors/parking-and-transportation/>

Pediatric Patient Sleep Referral Information:

<https://www.med.unc.edu/neurology/new-patient-referrals-1/child-referrals/>

Sleep Study Frequently Asked Questions (FAQ):

<https://www.med.unc.edu/neurology/divisions/sleep-1/frequently-asked-questions/what-to-expect-at-your-sleep-study/>