



UNC Sleep Laboratory Overnight Sleep Study Info Packet

Thank you for scheduling a 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 a flat \$10 for overnight 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 for the night. 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 overnight sleep studies is 6:30pm 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 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 1st 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 your Sleep Room for the night.

Your Technologist will explain the Sleep Study and equipment, as well as how the study will run. You will have the opportunity to use the Hospital cafeteria, as well as our vending machines if you wish. You are also welcome to bring food or drinks from home.

What is the Room/Lab like?

Your sleep room will be a private room, with a full private bathroom. We set the sleep rooms up similar to small hotel rooms. They have full-sized beds, which are fully adjustable, and include optional side rails. Bed linens are provided. Our rooms have Wi-Fi and Cable Television, and each room has a separate thermostat, so you can set the temperature for your comfort.



There will be places to store your clothing items and coats/jackets. There is also a safe in each room to store your medications and valuables, if you wish. Fans are available in each room upon request. The Bathrooms in each room are ADA compatible, with a flip-down bench available in the spacious shower. Cribs are available for pediatric patients upon request.

What is a Sleep Study like?



After you arrive at the Sleep Lab, you will meet with your Technologist for the night. Our Technologists are medical professionals who work with patients of all ages and special needs.

PLEASE NOTE: The Sleep Lab does not have any nurses or nursing staff. If you need help with your personal needs, mobility, or if you have mental difficulties, an adult relative or caretaker **MUST** accompany you.

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. Our lights-out time is 11:00pm; the lights will be turned off, and patients begin their normal sleep at that time. Patients sleep until around 6:00am. You awakened, and your sensors removed. Once the sensors are off, you are free to go. We give all patients until 7:00am to shower, dress, gather their belongings, and head home.

If you are having a CPAP Titration study, your Technologist will prepare the CPAP Machine, and fit you for a comfortable CPAP Mask appropriate for your face shape, size and style of breathing. If you already use CPAP, please bring your current mask with you to the study. As you sleep, your Technologist will adjust the CPAP until they find the right settings to relieve your symptoms. You will be able to take your CPAP Mask home with you at the end of the study.



When and how do I get my Study Results?

After the study is complete, our Sleep Doctor then reviews the data, audio and video footage of your study, and writes a Report for your referring Physician with recommendations for treatment. This report is also uploaded to your UNC MyChart. The 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 Machine, your Referring Physician will prescribe one for you, based upon your CPAP Study results. A Durable Medical Equipment company would then supply the CPAP Machine to you.



Important Sleep Study Tips and Information

- Please bring any food, drinks, or medications you may need, as we do not provide these. You will have an opportunity to use the Hospital's Cafeteria if you wish before the start of the study.
- If you require special assistance, or have special needs, you must bring someone to assist you. **We do not have nursing staff in the Sleep Lab.** You will have to provide for your own personal needs.
- 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 only bring the medications you will need for the night of your study or the next morning.
- Please avoid food or drink with caffeine on the day of your study. (Coffee, tea, soft drinks, chocolate, etc.)
- Bring comfortable sleepwear (i.e. pajamas, or shorts/sweats & a t-shirt). Please also bring any toiletries, soap or shower products you may want for the evening or next morning.
- You may bring your own pillow or blanket for comfort. Children may bring a small toy or stuffed animal. You may bring a Laptop or Tablet for internet access.
- If you are currently on CPAP, please bring just your CPAP mask. It is not necessary to bring your CPAP machine.
- Please notify the Sleep Lab staff before your arrival of any special equipment you may need for your stay. (Examples: cribs, walkers, bedside urinals or toilets). We cannot provide ventilators or tracheostomy supplies.
- If you use false teeth, it is important that you bring them with you.
- A parent or legal guardian must accompany all patients under the age of 18. The parent or guardian must stay for the entire procedure. **We cannot allow any additional children to stay in the room, or in the Lab.** A pullout bed will be available in the room for the parent.
- If you need additional assistance during your stay, or are under 18 years of age, we can accommodate one (1) person to accompany you for your study. Please let your scheduler know if you require this, and a pullout bed will be made available.

Where can my Spouse / Relative / Driver stay?

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.

If your permanent address is at least 50 miles from the hospital, then you or your family member may stay at the **SECU Family House or Ronald McDonald House** at a discounted rate. The SECU Family House is for adult patients. The Ronald McDonald House is for pediatric patients. Please let us know if you would like one of these options so that we can send a referral on your behalf. Financial assistance is available.



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/>