

Porter Physician Group
Associates In Neurology
Sleep Lab
219-531-2670
Fax 219-476-7120

PRE-STUDY PATIENT REQUIREMENTS & INFORMATION PSG followed by MSLT (*Multiple Sleep Latency Test*)

Scheduled on _____ at _____ am/pm and _____ at _____ am/pm

Associates In Neurology
2000 Roosevelt Road, Ste. 201
Valparaiso, Indiana
(CENTRAL TIME, front entrance, door A)

INSTRUCTIONS for DAY of TESTING:

NO caffeine after 10am. No alcohol or naps throughout the day of testing. **Eat meals and take medications as normal.** Arrive with **clean, dry hair (no gel/hairspray). Bring sleepwear (top and bottoms), driver's license, insurance card(s), medication list, and sedation (if instructed). Bring a light breakfast and lunch (see Table 1).** You can bring a decaffeinated drink and magazine/book (*TV is available*).

Table 1

Breakfast: cold cereal, oatmeal, fresh fruit, yogurt

Lunch: sandwich, salad, soup

The sleep technician will meet you at the sleep lab entrance at the designated time of arrival (*noted above*) and will escort you. The **MSLT (*Multiple Sleep Latency Test*)** is scheduled for the next day following the overnight **POLYSOMNOGRAM**. **Expect to stay the entire day.**

If you are diagnosed with Sleep Apnea during the overnight study, the testing will end at 6am and the MSLT will not be performed. You will be contacted to schedule a second overnight sleep study (*see CPAP information below*).

POLYSOMNOGRAM and CPAP TITRATION:

Sleep Apnea is when a person stops breathing during sleep. A **POLYSOMNOGRAM** diagnoses Sleep Apnea. Patients stay overnight in the sleep lab and electrode wires are placed on the face, scalp, and legs, elastic respiratory belts are placed around the chest and abdomen, a pulse oximeter is placed on a finger, a snore mic is placed on the neck, and an airflow sensor is attached to a cannula below the nose.

If Sleep Apnea is diagnosed, the treatment is **CPAP (*Continuous Positive Airway Pressure*)**. The patient returns for a second study which is a repeat of the first study except a mask covering the nose or a mask covering the nose and mouth is utilized during sleep which is connected to a CPAP device that delivers continuous positive air to open the airway.

MSLT (*Multiple Sleep Latency Test*):

An **MSLT** assesses daytime hypersomnolence and diagnoses narcolepsy. An MSLT is performed during the day following an overnight **POLYSOMNOGRAM**. It consists of 4 to 5 naps at 2 hour intervals. During each nap the patient is allowed up to 20 minutes to fall asleep.

SPECIAL NEEDS and/or ADDITIONAL ASSISTANCE:

If you require additional assistance, please inform us and a family member or friend may accompany you.

24 HOUR CANCELLATION NOTICE is required. A cancellation fee may be incurred if notification is not received.

BILLING and INSURANCE:

Associates In Neurology verifies insurance eligibility. **Referring physicians' offices are required to obtain pre-authorizations.** However, it is ultimately the **patients' responsibility to ensure insurance companies are contracted with *Associates In Neurology* and that pre-authorizations are obtained.**

Insurance companies may ask for **CPT codes (*POLYSOMNOGRAM 95810, MSLT 95805, CPAP 95811*)**. Billing statements from *Associates In Neurology* will be submitted to insurance companies for services rendered.

BILLING QUESTIONS: 219-364-3645 (*Associates In Neurology*).