

## **INSTRUCTIONS FOR SLEEP PROFILER STUDIES (SP)**

**Please read the following instructions before you come to the office to pick up your sleep profiler equipment.**

- At check-in, you will be provided with sleep forms. Please complete these forms in their entirety prior to picking up your sleep profiler machine.
- To obtain the best results from your sleep profiler study, you must have a quiet sleep environment to avoid interference with the recording equipment.
- Wash your forehead with soap and water prior to attaching the Sleep Profiler machine. Do not apply any oils or creams. Wipe your forehead well with the alcohol swabs before placing the electrodes. A clean dry forehead will provide the best test results. Repeat the same procedure both nights.
- If you usually use a CPAP or oral appliance during sleep, please continue to use it with the Sleep Profiler device.
- At least 6 hours of recorded sleep data should be obtained.

- **We suggest you start the Sleep Profiler study before midnight (11:50 pm) both nights.**

If you go to bed after midnight the first night, you can start the Sleep Profiler study after midnight, but you must also start the 2<sup>nd</sup> night study after midnight. **THE STUDY MUST BE STARTED EITHER BEFORE OR AFTER MIDNIGHT BOTH NIGHTS.**

- Sleep profiler devices must be returned at your scheduled drop-off appointment.

**It can take up to 2 weeks to process your Sleep Profiler Study results. If your Sleep Profiler test is abnormal you may be contacted to discuss further testing or treatment. Test results and treatment will be discussed with you at your next scheduled Follow Up Visit.**

- If you do not cancel or reschedule your appointment 48 hours in advance or if you do not show up for your scheduled appointment, there will be a **“No-Show”** fee of \$100. (This is **not** covered by your insurance.)
- **If the machine supplies are opened and you do not complete the Sleep Profiler Study, you will be charged \$8.75 per disposable kit used.** This is our actual supply cost for each disposable kit. This is not covered by insurance.
- We will bill your insurance for partial or incomplete studies.
- The sleep profiler device must be returned **at your scheduled drop-off appointment** or there will be a \$100.00 fee each day it is not returned. This is not covered by insurance.