

Noran Neurology Sleep Center - Bloomington
3601 Minnesota Dr., Suite 200 Bloomington, MN 55435

Welcome and thank you for choosing **Noran Neurology Sleep Center**. You are currently scheduled for an appointment at our sleep center on _____ and we would like to provide you with some additional information. **If, for any reason, you must cancel your appointment, please do so 24 hours before your scheduled appointment by calling (612) 879-1500. After hours, please dial (612) 879-1653.**

The day of your sleep test, try to follow your normal routine as much as possible. Be sure to eat dinner before coming to your appointment.

What to Expect: Upon arrival at the Sleep Center, you will be greeted by staff, who will request your photo ID, and insurance card. Your technician will escort you to your room and explain the procedure in detail. Once you change into your sleep garments, the set up will begin. Electrodes will be placed on your scalp, forehead, near the eyes, on your chin, under the nose, on your legs, around your chest and abdomen and on your finger. You should not experience any pain or discomfort during this process. **Please be aware that the process of setting you up for your sleep study may take up to 2 hours.** Please wash your hair with only shampoo (avoid creams and styling products) the night of admission.

During the study, a technologist will be available to provide general assistance. **The Sleep lab is not a hospital and will not have nursing staff available for medications or patient transfers.** The Sleep lab staff is not equipped or trained to assist with patient transfers (e.g. wheelchair to bed) or to provide restroom assistance. If you have mobility limitations that require assistance with transfers or restroom use, someone capable of assisting you must accompany you to this appointment and must remain onsite during your study. In case of emergency, the technologist will activate emergency medical services, just as you would at home.

What to Bring:

- Comfortable sleepwear: Two-piece pajama set is preferred. Pants must be loose fitting and able to be pulled up to knee-level easily for the electrodes to be applied.
- Any and all medications that you may require during your stay. This includes medications such as Tylenol or Advil that may be needed in the event you develop a headache. Our lab does not supply any medications. Insurance card, photo ID & UPDATED medication list.
- Toiletries (toothbrush, toothpaste, contact lens products, comb/hairbrush, etc.).
- A change of clothes for the following day, preferred reading materials, and/or electronics such as a laptop or tablet.

What to Avoid:

- Naps during day of check in.
- Caffeine or alcoholic beverages during the day of check in.
- Hair weaves, tight extensions, anything sewn or glued to your scalp.

The Next Morning: If you need to be awake at a certain time the following day, please inform your sleep technologist. A shower is available for use in your room; showering products are provided.

Test Results: Your sleep study will be read by a board-certified sleep specialist, and the results of your study will be reviewed with you at the time of your follow up.

If you have any questions or concerns, please do not hesitate to call us. We look forward to seeing you.

Sincerely,
Noran Neurology Sleep Center