

BOZEMAN HEALTH DIAGNOSTIC SLEEP CENTER

Patient Packet

Welcome! Thank you for choosing Bozeman Health Diagnostic Sleep Center for your evaluation. Enclosed, you will find important information and instructions regarding your upcoming study. Please review this packet thoroughly before your appointment.

SPECIAL ASSISTANCE REQUIREMENTS

Note that our staff is only able to provide basic assistance. If you require assistance with showering, we ask that you wait to do so until you return home. If you require any additional special assistance for your appointment, please contact us in advance.

BOZEMAN HEALTH POLICIES

All Bozeman Health campuses are smoke-free and weapons-free.

YOUR APPOINTMENT

Date _____ Time _____

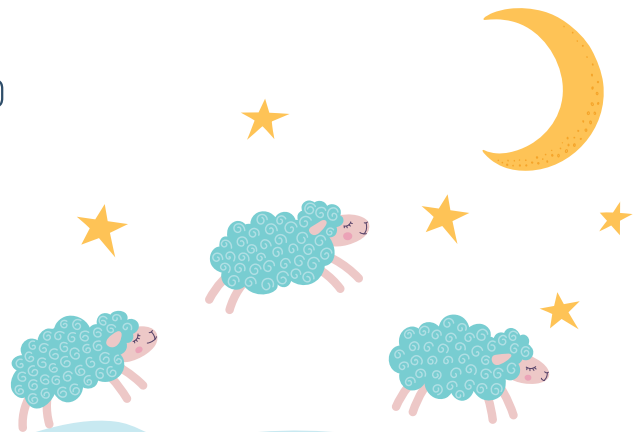
Please give us at least a **48 hour notice** if you need to cancel.

☐ INSURANCE VERIFICATION

Non-Medicare/Medicaid patients should contact their insurance to confirm Bozeman Health is in-network and verify benefits before the sleep study. While we handle pre-authorization when needed, we recommend checking your coverage and out-of-pocket costs with your insurance provider beforehand.

Procedure Codes

- 95803 | Actigraphy
- 95805 | Multiple Sleep Latency Test (daytime study)
- 95805 | Maintenance of Wakefulness (daytime study)
- G47.33 | Obstructive Sleep Apnea
- 95810 | Polysomnogram (6+ years)
- 95872 | Polysomnogram (3-5 years)
- 95811 | Polysomnogram with CPAP (6+ years)
- 95873 | Polysomnogram with CPAP (3-5 years)
- 95806 | Unattended Sleep Apnea Test



QUESTIONS?
Call us at 406-414-5058

Bozeman Health
Diagnostic Sleep Center

Sleep study evaluations are quite different from any other medical testing that you may have experienced in the past. Following these guidelines is necessary to ensure that we receive accurate results from your evaluation.

Before Your Appointment

- ☐ **CALL YOUR INSURANCE.** Reference the procedure codes on the first page.
- ☐ **READ THIS PACKET IN IT'S ENTIRETY.**
- ☐ **ONE WEEK PRIOR: STUDY CONFIRMATION.** We will call to confirm your attendance one week before your study. ****If you're unreachable or don't respond within 48 hours, the appointment will be canceled.**
- ☐ **NEED TO RESCHEDULE/CANCEL.** Give us 48 hour notice so we can provide the time slot to another patient waiting.
- ☐ **REMOVE ACRYLIC NAILS** and/or nail polish from at least one finger.

Day of Your Appointment: Before Arriving

- ☐ **SHAMPOO YOUR HAIR.** Before coming to your appointment, wash and dry your hair. Don't use conditioner, hairspray or other hair products. This is necessary to ensure a good EEG reading.
- ☐ **NO NAPS.** Do not take any non-routine naps during the day or evening you are scheduled.
- ☐ **FACIAL HAIR.** If you have a full beard, you do not need to shave, otherwise be clean-shaven or plan on shaving when you arrive. This is necessary for the attachment of certain leads to your chin.
- ☐ **FOOD AND MEDICATION.** Eat dinner and take your medications as usual. Bring any bedtime medications, including over-the-counter drugs, that you or your child needs. We are not able to dispense medications from our facility.
- ☐ **SLEEPING ATTIRE IS MANDATORY.** Wear or bring loose clothing such as pajamas, shorts or sweat pants, as we will need to run some electrodes under your clothing.
- ☐ **WHAT TO BRING.** Bring items to help you feel comfortable. You're welcome to bring your own pillow(s), as many patients prefer them over the hospital pillows we provide. We do not supply toiletries, so bring your toothbrush, toothpaste, shampoo, hair dryer, etc. You may also bring other comfort items such as a fluffy blanket, robe, slippers, books, electronic devices, a favorite blanket, snacks and earplugs.
- ☐ **ARRIVE ON TIME.** Arrive at the Diagnostic Sleep Center at your scheduled time. If you are delayed because of a problem or emergency, call 406-414-5058 so that the staff will be aware. If you are unable to reach anyone in our office, leave us a message.

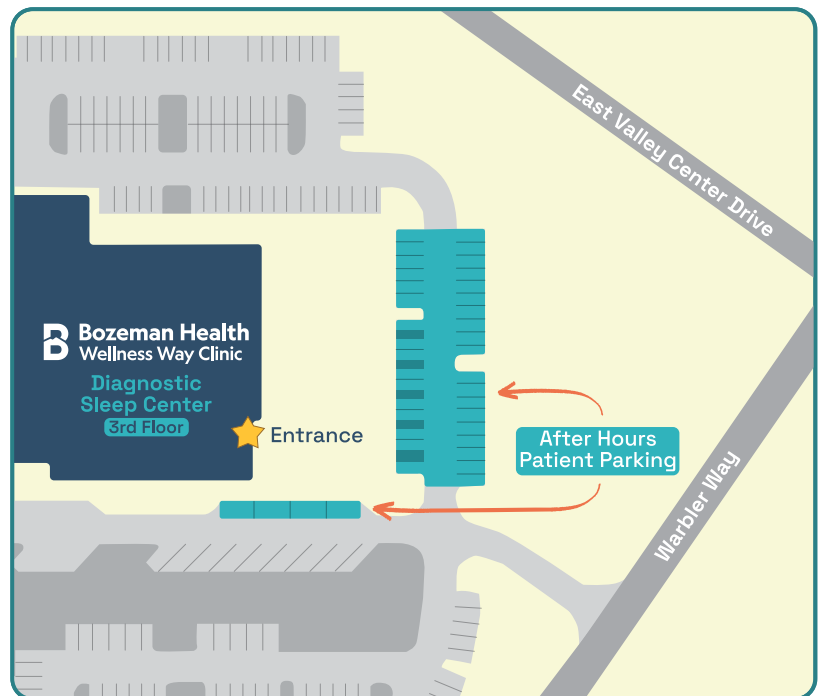


Where to Park for Your Appointment

- ☐ **DIRECTIONS.** On the evening of your study, go to:

Bozeman Health Wellness Way Clinic
3905 Wellness Way, Suite 3B

1. Park on the east side of the building, as shown on the map.
2. Proceed to the side entrance. You will see a sign for **our after-hours entrance**.
3. Push the button to the right of the sign.
4. A staff member will come to let you in and escort you to your room.



What to Expect at Your Appointment

- ☐ **ACCOMMODATIONS.** Your study will be conducted in a private room, similar to a hotel room, with a Sleep Number™ bed, TV, Wi-Fi and private bathroom.
- ☐ **SLEEPING ARRANGEMENTS FOR CHILDREN.** We can offer various sleeping arrangements based on you and your child's comfort. An extra room is available if your child sleeps alone, or a roll-out bed can be added to their room. You may also sleep in the same bed as your child.
- ☐ **FOOD.** Eat dinner before you arrive. We are unable to provide food, however we can offer you juice and water, if needed. Let us know how we can make your stay comfortable.
- ☐ **6 A.M. WAKEUP.** When your study is completed, we'll wake you up at 6 a.m.
- ☐ **VACATE ROOM BY 7 A.M.** You will need to vacate your room by 7 a.m. as our rooms need to be thoroughly disinfected before daytime patients arrive.

After your Appointment

- ☐ **SHOWERING.** The paste used to secure electrodes to your scalp is water soluble and will come out with shampooing. However, it may take a few washes to remove it all.
- ☐ **GETTING YOUR RESULTS.** Allow approximately 14 days for your physician to receive the results of your sleep study and contact you. Pediatric studies are prioritized to the top of the list and we do our best to get results as soon as possible. Our lab staff are not able to diagnose sleep disorders or prescribe any treatment.

Take a breath, we're here for you.

We understand that dealing with a sleep disorder can be a significant challenge, and we're here to support you every step of the way. Our goal is to help you find success in overcoming any barriers to restful sleep. Sometimes, sleep disorders are related to irregular breathing, which is why we've partnered with the Diagnostic Sleep Center and the Sleep Medicine Clinic to ensure you receive the best possible care. Together, we'll collaborate with your health care providers to identify the right equipment to help you breathe easier and sleep better.

Through our partnership with the Diagnostic Sleep Center's loaner CPAP mask program, you can explore different options without any obligation to purchase, giving you the chance to find the perfect fit for your needs.

Feel free to stop by before or after your sleep appointment—we'd love to meet you and help you on your journey to better sleep.



MERLE PHIPPS

RRT, RPSGT, CPFT

**Diagnostic Sleep Center
& Home Oxygen Manager**

mjhipps@bozemanhealth.org

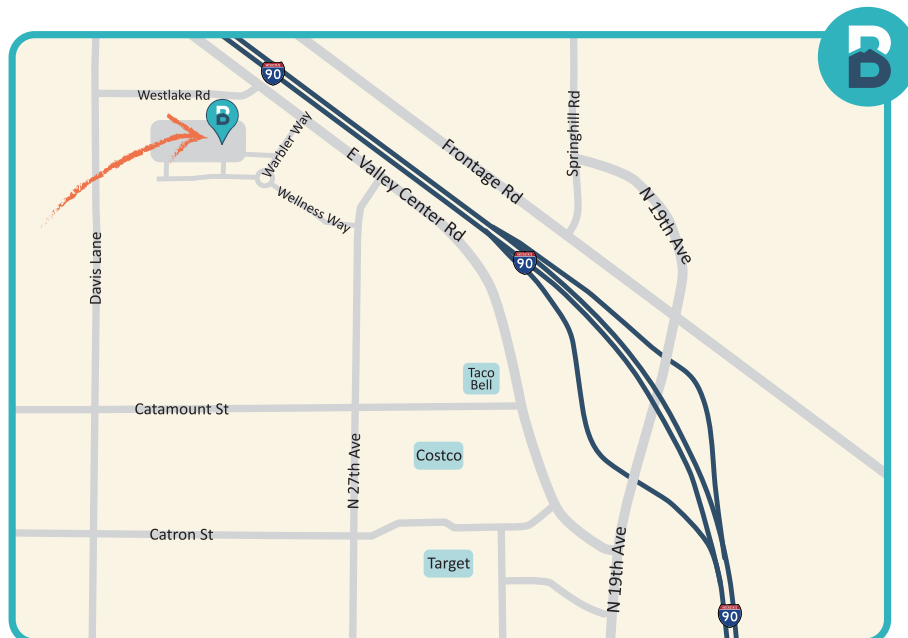


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BOZEMAN HEALTH WELLNESS WAY CLINIC

DIAGNOSTIC SLEEP CENTER

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