



Community
Health Network

Patient Packet

Sleep/Wake Disorders Center
Centers of Excellence

Sleep Center directions

To help determine your medical treatment, your physician has requested that you undergo sleep testing at the Community Health Network Sleep/Wake Disorders Center located at:

Community Hospital North Sleep/Wake Disorders Center

7250 Clearvista Dr., Suite 350
Indianapolis, IN 46256
317-621-5959

The Sleep Center is located on the campus of Community Hospital North at 82nd Street, just off I-69 at Exit 1. Upon entering the 7250 building, take the elevator to the 3rd floor. Turn left and proceed to the end of the hallway. Turn left again and proceed to Suite 350. Please press the intercom button and a technician will assist you.

If you need assistance from the Lobby to the Sleep Center, please call to make arrangements prior to your appointment. Wheelchairs are available in the Lobby.

Community Hospital North Pediatric Sleep/Wake Disorders Center

7150 Clearvista Dr.
Indianapolis, IN 46256
317-621-9820

Located at 82nd Street, just off I-69 at Exit 1, the Sleep Center is located within Community Hospital North. Please enter through the main entrance and report to Outpatient Registration.

Community Hospital East Sleep/Wake Disorders Center

1400 N. Ritter Avenue, Suite 481
Indianapolis, IN 46219
317-355-4275 - 317-355-1649 after 4:30 p.m.

Community Hospital East is located on Ritter Avenue between 10th & 16th Streets. The sleep lab is located on the 4th floor of the 1400 professional building attached to Community Hospital East. Take the professional building elevators to the 4th floor, turn left off the elevators and go to the end of the hallway, suite 481.

Community Health Pavilion - Community South Sleep/Wake Disorders Center

333 E. County Line Road, Suite D
Greenwood, IN 46143
317-497-1999

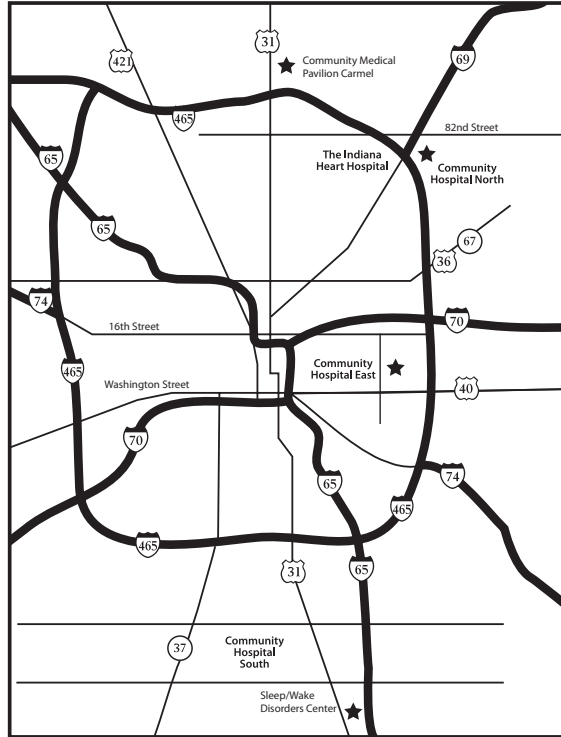
Take I-65 to the County Line Road Exit. Head West on County Line and cross Emerson Avenue. The Community Health Pavilion will be on the South side of the street, across from Smock Golf Course.

Community Medical Pavilion Carmel Sleep/Wake Disorders Center

11911 N. Meridian St., Suite 140
Carmel, IN 46032
317-621-6777

Take I-465 to the Meridian Exit. Travel North on Meridian to 116th Street. Turn right on 116th Street and go to Pennsylvania. Turn left on Pennsylvania. The center is located in the "Carmel Pavilion MedCheck" building, Suite 140 (located on North side of the building.)

Map of Locations



**Please pre-register prior to your test at 317-355-3920 or 877-217-7355.
You may also pre-register online at eCommunity.com**

You have been scheduled for the following:

Test	Test date	Arrival time	End time
Overnight study	_____	_____	_____
Daytime study	_____	_____	_____
CPAP/BIPAP adjustment	_____	_____	_____

Please arrive at 8:30 p.m. for your appointment unless otherwise noted below.

Other: _____

If you cannot keep your appointment, please call 317-355-4682.

For additional information regarding Sleep/Wake Disorders, visit us online at www.eCommunity.com/sleep

General information

- Go about your usual activities, but NO daytime naps.
- DO NOT drink alcoholic beverages the day of the study.
- DO NOT ingest caffeine after 12:00 p.m. including coffee, tea, soda or chocolate.
- Please bathe and shampoo your hair before coming. DO NOT put any conditioners, hairspray or oils in your hair. Also, please do not put lotions on your body.
- Please have your evening meal before arriving for your sleep study.
- Please bring sleeping attire (two piece pajamas preferred) and toiletries. **You are welcome and encouraged to bring your own pillow to use during your stay.**
- You are requested to arrive at 8:30 p.m. for intake and setup/lead connection.
- **The sleep study will begin at approximately 11 p.m.** At that time, no electronic devices can be used. These devices include but are not limited to: TVs, iPods, computers, or cell phones. A quiet, uninterrupted night is vital for the interpreting physician to make a diagnosis.
- For daytime tests, we suggest that you bring magazines, puzzles, crafts, to keep busy between testing. Televisions and VCR/DVD players are in each room.
- If you are presently taking medications, please bring them with you in the original containers. Over the counter medications are not available at the Sleep/Wake Disorders Center. Newly prescribed medications that affect your sleep (sleeping pills, tranquilizers) should not be started within one week of the sleep test.
- Breakfast and lunch are provided **if** you are staying for daytime testing.
- All rooms are private with private rest room facilities.
- All sleep tests are considered outpatient procedures.
- Sleeping accommodations are not available for family members or guests.
- If a child is 17 years of age or younger, we require that a parent or guardian stay with the minor overnight.
- Smoking is NOT permitted in the hospital or on hospital grounds.

What is a sleep study?

- A sleep study, also called a polysomnogram, measures the quality of a person's sleep. The study allows our sleep specialist to diagnose and treat many sleep disorders.
- The test does NOT hurt. It is painless and non-invasive and occurs in our state-of-the-art sleep laboratory. We use tape or sticky paste to place all electrodes on you. We do not use any needles or drugs. You will sleep in a beautiful, comfortable room similar to what you would find in an upscale hotel.
- Our equipment and monitors are located in a central control room so as not to alarm or disrupt your sleep.
- The data collected while you sleep includes: brain activity, muscle tone, heart rate, breathing movements and patterns, airflow, oxygen levels, and arm and leg movement.

What to expect

- When you arrive at the Sleep Center, the technologist will apply several electrodes and sensors to your head and other parts of your body. This process will take approximately one hour, so you will not be able to go to bed as soon as you arrive.
- The test will last a minimum of six hours in bed. At times, additional testing is scheduled during the day following your overnight test. Please refer to "Your Appointment" page for your testing times. If no additional testing is scheduled, you will be allowed to leave around 6:00 a.m.
- The results of your test will be analyzed by a neurologist or a pulmonologist. The results will be sent to your referring physician approximately two weeks after the study.
- Please note when you receive your billing for these tests, you will receive two statements. The hospital bill includes charges for technicians, equipment and supplies. The physician bill includes charges for the supervision and interpretation of the test results.

Information on sleep/wake disorders

Good sleep is important for good health. However, according to the National Sleep Foundation, 65 percent of Americans report that they do not get enough sleep (most adults need six to eight hours.) Sleep disorders and lack of sleep are not just annoyances; they are serious problems. Those with sleep problems may think or move more slowly, make more mistakes or have memory difficulties. These negative effects can lead to poor job productivity and can be a contributing factor in motor vehicle accidents, weight gain and heart problems. Lack of sleep can also strain emotions, family and job relationships and social encounters, and lead to greater health problems if left untreated.

Sleep apnea/snoring

Sleep apnea is the cessation of breathing for a period of 10 seconds or more. It is characterized by snoring or choking/gasping for breath during sleep, daytime sleepiness and morning headaches. Recent studies indicate that there is a relationship between sleep apnea and heart disease.

Insomnia

Insomnia is the inability to go to sleep or stay asleep.

Restless leg syndrome (RLS) and periodic limb movement disorder (PLMD)

RLS/PLMD is the movement or twitching of the legs during sleep that can sometimes awaken the individual.

Narcolepsy/excessive daytime sleepiness

Narcolepsy occurs when the brain doesn't accurately interpret when to sleep and when to be awake.

Other sleep disorders

While sleep apnea, periodic leg movements and continuous agonizing drowsiness account for 95 percent of all sleep disorders, others do exist. Among them are parasomnias, sleep walking and talking, bruxism/teeth grinding and poor sleep habits. Talk with your physician or a sleep professional if you are concerned about one of these disorders.

General warning signs that may indicate a sleep disorder:

- Snoring
- Gasping or choking during sleep
- Memory loss
- Hypertension
- Excessive daytime sleepiness
- Restless sleep
- Poor judgment/concentration
- Irritability
- Morning headaches
- Obesity
- Congestive heart failure
- Attention deficit disorder
- Sexual dysfunction

Of course not all sleep problems represent a sleep disorder, but poor quality of sleep can be related to many serious health risks and should be diagnosed and treated by a board-certified sleep physician.

***Please complete this
questionnaire and
bring it with you to
your appointment.***