

# Erlanger North

## SLEEP DISORDERS CENTER

628 Morrison Springs Road, Ste. 300  
Chattanooga, Tennessee  
**423.778.3316**

### What to Expect During Testing at the Sleep Center

- Patients typically arrive at the Sleep Center between **7-7:30 p.m.** Your technologist will show you to your private room. Each testing room has a full size bed, Cable TV, WiFi, and a private restroom.
- You will be asked to fill out a few short forms including a form allowing video recording during your time at the sleep center. All sleep studies include a video recording so your physician can evaluate body positions and movement disorders.
- You will be given time to relax and get dressed for bed. You will bring your own comfortable clothes to wear during testing and are welcome to bring your own pillow and/or blanket if preferred.
- Your technologist will answer any questions you have about the procedure and will spend about 30 minutes placing electrodes on your face, head, chest and legs. You are welcome to watch TV or be on the phone prior to the start of your study, but will be asked to turn these items off when the test begins.
- Tests normally start between **10-10:30 p.m.**, unless you request to start earlier. During the study the technologist will monitor your brainwaves, heart, breathing and muscle movements. Your technologist will be available to assist you at any time during the study.
- You will be able to go to the restroom at any time. It takes less than a minute for your technologist to disconnect you from the testing equipment allowing you can go to the restroom. When you return for the restroom the technologist will enter your room to reconnect the equipment.
- Patients are normally awakened between **5-5:30 a.m.** and are welcome to shower prior to leaving the sleep center. Soap and shampoo are available, but if preferred, you are welcome to bring your own products from home. Patients are typically ready to leave the sleep center at about **6 a.m.**; unless additional testing was ordered prior to arrival.
- If you need to be up earlier for school or work just let your technologist know what time you need to be up upon arrival at the sleep center. This may change the time we start your study to ensure the required amount of data is recorded. Test results will be reviewed by your physician and will be available during your scheduled follow-up appointment.