# About Sleep Study Polysomnography (PSG) test

Name & ID number :

The date of Sleep Study : / / month (月) day (日) year (年)

# Please come to the Clinic by 6 pm.

( after finishing dinner and a bath )

### Things to bring

- slipper
   Inspection fee (civilian)
   Medicine
- Pillow (XIf you can't sleep with another pillow please bring a your own pillow.)
- Night wear (pajamas)
   Towel (\*Nightwear and towels can be borrowed for a fee.)
- water (\*\*There are no water service and vending machine in the room
- Please wash your face and head before coming clinic.
- Please remove manicure, nail extension.
- Please shave your beard.
- Please remove wigs.
- If necessary, bring foods.
   Please don't drink any caffeine-containing beverages, alcohol after lunch on the day of the study.

## Flow of the day

1 Registration Interview: We will check your physical condition.

Description: We will explain the inspection.

We will make an appointment for the result explanation.

Accounting: Please pay the inspection fee.

We accept credit card or cash.

2 Laboratory room
All rooms are private rooms.

The toilet and bathroom are shared with other people.

 $\bigcirc$  **PSG test** Test start: 8:00 pm  $\sim$ 

Test finish :  $5:00 \text{ am} \sim 6:00 \text{ am}$ 

4 Close the test After the test finished, you are free to go home.

The rooms are available until 8:00 AM.

#### Notice

- © If you are sick, you can delay the test schedule.
- © Please bring the necessary medicine. Medicine is not prepared here.
- When the patient is child, mother or father should stay with.
- Please tell us who has been rash with alcohol or tape.
- When you wish to change the test date or cancell the test, please call to us.
   Please tell me your Patient ID number first when making a call.

[From 9:00 am to 5:00 pm]

[After 5:00 pm]

TEL: 098-870-6600 / 098-870-6603

About waiting for cancellation
 If an appointment becomes canseled, we will contact a person who is on the top of the waiting list.

About sleep study

#### What is PSG?

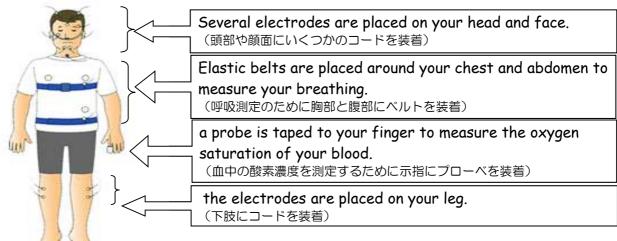
Is checks your sleep over night.

#### Why is PSG performed?

It helps us evaluate the cause of excessive daytime sleepiness, insomnia occurring during your sleep.

#### How is it performed?

We put on the sensors to your head, face, body and legs.







### About sleep study

Polysomnography (PSG) is a test that records a variety of body functions during sleep, such as the electrical activity of the brain, eye movement, chine movement, air flow from the nose, heat rate, chest and abdominal movement, blood oxygen levels via pulse oximeter, snoring and leg movement. These tests are used both to diagnose sleep apnea and to determine its severity.

Tests are conducted in a study room much like a motel room. A technician will paste electrodes at certain points on your head, face, body and legs. It takes about 30 minutes to attach all electrodes. These electrodes will be connected to monitoring equipment that will record the results during entire night.

It is necessary to take 8-hour sleep in order to obtain a better result. However, if you are short sleeper, please let technician know about that.

We won't give you sleeping pills or any other medications on the day please bring yourself.

Please call a technician when you go to a restroom as many electrodes are attached on your body. Please also call a technician for being not able to sleep.

A scoring technician will analyze your sleep study and the physician will review the results. One week later you will be seen by a physician who explains the test results for you.

# Your Authorization expires ( on / )

: Sleep study — Please bring a new Authorization form please ensure your expiration date, when you change an appointment you can not take a medical consultation after the expiration date. you need to extend expiration date.

Please Contact Provider Ask for New Authorization form

□ Please bring a new Authorization Form to the second floor by 6:00PM

We will check with Tricare to make sure your paperwork is up dated.

If update is not done at least 2days in advane, the reservation will be cancelled

□ Reservations will be cancelled by / /	
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### results

We will send the test results directly to TRICARE

You can come to the clinic any time, if you would like to talk to a doctor about the results.

# ★Reception hours

AM: 8:00 - 12:00

PM: 13:30 - 17:00

\* Closed on Saturday afternoon, Sunday, national holiday

\* Only Dr. Hiroshi Nakamura, First come, First served.