



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 Erlanger North between 7-7:30 p.m. Upon arrival you will go to the front desk in the Emergency Department located at the front of the hospital. You will register then be sent to the Sleep Center at the back of the hospital.
- Your technologist will show you to your private room. Each testing room has a queen size bed, Cable TV, Wi-Fi, and a private restroom.
- You will be asked to fill out a short form allowing the technologist and physician to know about your day leading up to testing.
- 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.
- You will bring all of your medication from home and will take it as usual, unless you have been instructed otherwise. Please notify the technologist of all medications taken the day of testing; including those you will take at the Sleep Center.
- Tests normally start around 10 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 to 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 follow-up appointment.