



# VIRGINIA HEART

## Sleep Center

2901 Telestar Court, Suite 440  
Falls Church, VA 22042  
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[www.virginiaheart.com](http://www.virginiaheart.com)

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Dear: \_\_\_\_\_

You have been scheduled for a sleep study to be performed at the Virginia Heart Sleep Center.

**Date:** \_\_\_\_\_ **Time:** 9:00 pm

**Location:** 2901 Telestar Ct. Suite #440 Falls Church VA 22042

**Your sleep study follow up appointment is:**

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Location:** \_\_\_\_\_

**Sleep Provider:** \_\_\_\_\_

Please do not arrive any earlier than 8:50pm on the night of your sleep study. Upon arrival at our building, please remain in your vehicle until the sleep technologist(s) arrives at the **main door at 9:00pm**. At that time, please exit your vehicle and proceed to the main door where you will be escorted to the secured 4<sup>th</sup> floor by a Virginia Heart sleep technologist.

The study will end between 5:00am and 5:30am and you will leave no later than 6:00am.

You will receive a reminder call the day before your appointment.

**If you will be late on the night of your appointment, please notify the sleep technologist as soon as possible at 703-766-5899 after 9:00pm.**

Should you have any questions regarding arrangements for the procedure, please do not hesitate to contact me at **(703) 621-4503 Monday through Friday 8:30am – 12:00pm & 1:00pm – 4:00pm.**

Thanks,

**Teresa Harrington**

Sleep Lab Coordinator



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## Sleep Study Patient Instructions - Fairfax

### Preparing for your sleep study

1. Please wash your hair prior to coming to the center. Do not use hair sprays, cream rinses or conditioners.
2. Please do not apply any type of oily product, lotion, makeup or after-shave to your face or body. Oils, gels and sprays can interfere with the recording by the electrodes.
3. Please try to get a normal night's sleep the night before your study. Try to maintain your normal sleep patterns. Do not take naps during the day of your study and do not try to stay awake the night before your study.
4. Do not consume any type of caffeinated or alcoholic beverages after 12:00 noon the day of your study, and limit your total fluid intake after 5:00 pm the evening of your study.

### What to bring with you

1. Sleepwear. You are requested to sleep in appropriate sleep attire (i.e. pajamas, gown, shorts and t-shirt). Your sleepwear should be loose fitting and preferably two-piece. Cotton clothing is preferred, but do not wear anything silky, e.g. silk, satin, nylon, etc.
2. Any personal belongings such as pillow, blanket, etc. that may help you sleep more comfortably.  
\*\*Note: Pillows and all bedding are provided by the sleep lab so it is not necessary to bring your own unless this is your preference.
3. Books or magazines as aids to help you fall asleep.
4. Personal toiletry items and a change of clothes. Bathroom and shower facilities are available, but please bring personal care items (soap, shampoo, toothbrush, toothpaste, etc.). Towels are available for your use.
5. If you have been scheduled for a MSLT (daytime sleep study), you may want to prepare your own meals to bring with you. A refrigerator and microwave are available for your use.

\* Note: Missed Appointment Charge of \$200 will be assessed if sleep study appointment is cancelled with less than 24 hours' notice

## **Fairfax/Falls Church Sleep Center Directions**

2901 Telestar Court, Suite 440 Falls Church, VA 22042

From Points Northwest (Loudoun County):

- Dulles Toll Road- Route 267 East.
- Take the I-495 South exit.
- Exit on Arlington Blvd (Route 50) West toward Fairfax/US-29/Lee Hwy- Exit 50A.
- Keep right at the fork, follow signs for US-29/Merrifield and merge onto Gallows Rd. (right onto Gallows Rd)
- Turn right onto Porter Rd
- Take the 2<sup>nd</sup> right onto Telestar Ct
- Our office building is on the left side of the road, 2901 Telestar Court.

From Points West (Manassas, Centreville and Fairfax):

- Take Route 66 East
- Exit on Nutley St South toward Fairfax.
- Turn left onto Lee Highway US-29.
- Turn right onto Porter Rd (first right after crossing Gallows Rd)
- Take the 2<sup>nd</sup> left onto Telestar Ct.
- Our office building is on the left side of the road, 2901 Telestar Court.

From Points East (Arlington and Washington DC):

- Take Route 66 West
- Exit on Nutley St South toward Fairfax.
- Turn left onto Lee Highway US-29.
- Turn right onto Porter Rd (first right after crossing Gallows Rd)
- Take the 2<sup>nd</sup> left onto Telestar Ct.
- Our office building is on the left side of the road, 2901 Telestar Court.

From Points South (Stafford, Woodbridge and Springfield):

- Take I-95 North
- Exit on I-495 North
- Exit on Arlington Blvd (Route 50) West toward Fairfax/US-29/Lee Hwy- Exit 50A.
- Keep right at the fork, follow signs for US-29/Merrifield and merge onto Gallows Rd. (right onto Gallows Rd)
- Turn right onto Porter Rd
- Take the 2<sup>nd</sup> right onto Telestar Ct
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## Sleep Study Information & FAQ's

### What is a Sleep Study?

Sleep studies help determine whether you have a sleep problem and the best treatment options for you. There are four types of sleep studies performed at the Sleep Center:

**Polysomnogram (PSG):** PSG is a nighttime study where numerous aspects of sleep are monitored. The study will evaluate sleep stages, leg movements, and a comprehensive evaluation of apnea. It will also assist in the diagnosis of other disorders, which may present with excessive sleepiness, such as narcolepsy, or periodic leg movement disorder.

**Positive Airway Pressure (PAP) Titration:** PAP Titration is a nighttime study using a PAP device. The PAP device blows pressurized air through a mask and prevents the upper airway from closing while you sleep. The diagnostic equipment used in this study is the same as the PSG with the addition of a PAP mask. This test determines the correct pressure measurements to effectively maintain an open airway. There are different types of PAP therapy devices so please consult with your Virginia Heart Sleep Provider to find what treatment option is best suited for you.

**Split Night Study:** Study follows the same protocol as the PSG study for the first two hours. If in those two hours one meets the criteria for sleep apnea, then a PAP device is applied and worn through the remainder of the night.

**Multiple Sleep Latency Test (MSLT):** MSLT is a daytime study, which involves a series of naps. This study assesses daytime sleepiness. You will be required to stay awake in between naps so please bring something to keep you entertained/occupied. **Please bring your own breakfast and lunch.** We will have a refrigerator and microwave available for your food. Please do not bring any food containing caffeine, such as coffee, chocolate or soda.

### What types of signals are usually recorded?

1. Brain waves (EEG) are recorded by placing seven electrodes on the scalp. No needles are used.
2. Heart rate (EKG) is recorded by placing two electrode patches on the chest.
3. Eye movement is recorded by placing an electrode next to each eye.
4. Muscle activity is recorded by placing electrodes on the muscles of the chin.
5. Leg movements are recorded by placing two electrodes on the lower part of each leg.
6. Airflow is measured by placing a special sensor on the upper lip in the front of the nose and mouth.
7. Breathing movements are measured by placing belts around the chin and abdomen.
8. Oxygen level in the blood is measured by attaching a probe to the finger.

### Why is it necessary to record all these things?

During sleep, your body functions differently than when you are awake. The only way to determine just how well your body is functioning while you are asleep is with the sensors. They are all necessary in order to get a complete picture of what is happening.

## **Frequently Asked Questions**

### **I can't fall asleep at 9pm. or not until much later.**

You do not have to fall asleep by 9:00pm since this is your appointment time. It will usually take about 20 to 30 minutes for our sleep technologist to prepare all the necessary connections. After this you can lie in bed and try to relax in your private room until you are able to fall asleep. Each room has cable TV and guest Wi-Fi access available for your entertainment.

### **I have to go to the bathroom many times during the night.**

This is okay and should not interfere with your study. There is one centralized plug to unplug and plug back in if you need to exit your room and use the restroom during the night. We do advise to reduce fluid intake overall after 5:00pm on the study date. Avoid caffeine and alcohol after 12:00pm on the study date as well.

### **I don't sleep much. or I wake up many times during the night.**

It is not required for you to have a full, uninterrupted night of sleep in order to have enough data to analyze your sleep. We want you to have as much sleep as possible, but if you sleep less than normal or wake up, we are still generally able to gather enough data in order to diagnose any sleeping issues you may have.

### **How can I sleep with all these things attached to me?**

You will find that it is not as bad as it may sound. In fact, most people sleep quite well. The electrodes and other devices are applied in such a way that you can move freely in your sleep. Although somewhat annoying, this is a non-invasive procedure and our sleep technologists will help make you as comfortable as possible.

### **Will I be given any drugs to help me sleep?**

You will NOT be given any medications. If you normally take medications prescribed by your physician during the hours that you will be in the Sleep Center, please bring them with you and take them as usual. If you have any questions regarding the use of your medications the night of the study, please contact your ordering physician.

### **Will anyone be in the sleep center while I am sleeping?**

You will have your own private room with a comfortable bed to sleep in. A trained sleep technologist will remain in the control room of the Sleep Center and will monitor you, both audibly and visually, throughout the study. The sleep technologist will make every attempt to make your stay in the Sleep Center a pleasant one.

### **What happens after my sleep study?**

You will see our Sleep Provider for a test review appointment in one of our multiple locations at least 1 week after your study is performed. At this (daytime) office visit, our Sleep Provider will review the results and plan with you the recommendations from the study and the plan of treatment going forward.