

Thank you for choosing SSM Health Sleep Services at Saint Joseph Hospital - St. Charles, located at 300 First Capitol Drive. Please review these instructions carefully. If you have any questions or concerns, please call Sleep Services at 636-947-5165, option 1 for Adult Sleep Services. Office hours are 8:30 am-5:00 pm Monday-Friday.

Sleep Study Appointment: _____.

1. **Please arrive 15 minutes prior to your appointment.** Take the elevator located near the front entrance of the Main Lobby of the hospital to Floor G (Ground). Follow the signage to Sleep Services. Please have a seat in the area located in front of the Sleep Services office; someone will be with you shortly. You do not need to go to Registration first; we have already pre-registered you.
2. **If you are running late by 15 minutes or more, please call Sleep Services.** If we do not hear from you, your appointment slot may be given to another patient.
3. **Please be advised: if you need to cancel or reschedule your sleep test appointment, we request at least 24 hours advance notice.** Please call Sleep Services to speak with someone or leave a voicemail.
4. **Bring your insurance card and a photo ID with you.** We will need this to complete your test.
5. **Eat your evening meal prior to arriving.** Snacks/beverages are provided; however, meals are not served for night studies.
6. **If you are currently using a CPAP machine at home, please bring the machine & power cord with you.** If the settings on your machine need to be adjusted, your sleep technologist may be able to make those adjustments and check the machine for proper function before you leave.
7. **If you will need to take medications during your sleep test, bring them with you.** However, if you need assistance with taking your medications (swallowing, dispensing correct dose, etc.), you will need to bring a caregiver. If this is the case, please inform Sleep Services before your appointment.
8. If you need assistance getting in/out of bed, walking to the restroom, using the restroom or if you use a walker or wheelchair, have fallen in the last several months, or have any other special needs during your sleep test, please inform Sleep Services before your appointment.
9. Make sure your hair, face and legs are free of any oils, creams or lotions before you arrive.
10. Do not eat or drink items with caffeine for 6-8 hours prior to your appointment time. This includes coffee, tea, soft drinks with caffeine, chocolate, etc.

11. You may bring items to make your stay more comfortable (sleep wear, toiletries, etc.). All sleep rooms have private bathrooms with a shower. Basic toiletries are available upon request. You may bring a tablet/cell phone and charger, if you wish. You will be responsible for your own valuables.
12. St. Joseph Hospital – St. Charles is a tobacco-free campus. Smoking and e-cigarettes are not permitted anywhere on the campus.
13. We designate 9:30 - 10:30 pm as the target “Lights Out” time. You will be discharged at approximately 6:00 am depending upon when your testing is completed. If you need to leave earlier, please inform the staff before the start of testing.

Parking and Directions:

1. **We are located in the main hospital building at 300 First Capitol Drive.** Please park in the attached hospital parking garage located on the corner of 4th Street & Jefferson Street. The garage entrance faces 4th Street. Parking is free and monitored 24 hours a day by hospital security. Take the garage elevator to the 1st floor, which leads to the Main Lobby.
2. Please proceed directly to the Sleep Services Department; you do not need to go to Outpatient Registration.
3. Take any elevator from the Main Lobby to the Ground Floor (“G” button on the elevator). Follow the signage for Sleep Services.

What to Expect During your Sleep Test:

1. You will be asked to change into your sleep clothes.
2. Your sleep technologist will answer any questions and discuss Continuous Positive Airway Pressure (CPAP). You will be “fit” for a CPAP mask and have the opportunity to become familiar with it in the event that treatment is recommended following your sleep test.
3. Your sleep technologist will attach some “patches and wires” to your scalp with conductive paste. These are required to get accurate information from the test. This step is completely non-invasive, and the staff will make you as comfortable as possible.
4. There is a full-size Sleep Number bed, fan, TV, DVD player, bathroom and shower in every testing room.



SSM Health St. Joseph
Hospital - St. Charles

300 First Capitol Drive
St. Charles, MO 63301

phone: 636-947-5165, option 1

ssmhealth.com

Your out-of-pocket cost for a Sleep Test:

We will obtain any required insurance authorization prior to your sleep study. However, if you have questions before you have your sleep study regarding your out-of-pocket costs (such as any copay and/or deductible) you may contact the **SSM Health Price Estimation Team** at the number below. They can provide you with an estimated out-of-pocket cost as per your insurance guidelines and plan. SSM Health can also set up monthly payments for any out-of-pocket costs associated with your sleep study.

Phone: 314-989-6892; The "CPT Code" for your sleep test will be **95811** or **95810**. A MSLT is **95808**.

Fax: 314-989-6779

Email: price.estimate@ssmhealth.com

US Mail: SSM Health, Attn: Price Transparency, P.O. Box 28205, St. Louis, MO 63132

After your Sleep Test:

1. If your test reveals that a CPAP is recommended, your doctor will contact you and will order your CPAP equipment. If you haven't been contacted about your test within 7-14 days, call your doctor.
2. Any questions regarding your sleep test results and recommendations should be directed to your doctor.
3. For billing questions after your test, you may contact the SSM Health Patient Service Center at 855-989-6789.

Thank you for choosing SSM Health Sleep Services at Saint Joseph Hospital - Saint Charles!

