

In-Lab Sleep Test

Tests your breathing and movements while you sleep.

where?

Schneck Medical Center
Outpatient Care Center
411 W. Tipton Street
Seymour, IN 47272

Park in the lot off of Brown Street and enter through the MAIN ENTRANCE ★



when you get here...

- There is a shuttle if you need assistance to the door - call 812-523-7447
- We have you registered, so you will not need to register when you arrive.
- Please come to the MAIN ENTRANCE near the Emergency Room and tell a greeter you are here. If no one is there, go to Registration desk and have them call Respiratory Therapy.
- IF AFTER NORMAL BUSINESS HOURS: Enter the Emergency Room entrance and walk down toward the Main Lobby. You will see a SLEEP phone on the desk. Follow the instructions listed there to reach Respiratory and Sleep Services.
- Someone will come to the main lobby to get you.

how to prepare for the In Lab Sleep Test?

Overnight Sleep Tests: You will be released between 5-6am

Daytime Sleep Tests: You will be released between 4-6pm

- Do not take any naps
- Do not use caffeine, or very little, absolutely none 6-8 hours before testing
- Do not have any alcohol
- Bring your medications with you that are normally taken at bedtime, or take them before you arrive (if safe to do so.)
- You may eat meals and snacks as normal, there are no restrictions except the ones listed above. Snacks are not provided, so bring with you if needed.
- Bring loose-fitting pajamas, or something that opens at the front. You will have belts and wires on your chest.
- Arrange for your ride to be here at your release time listed above, if you are not driving yourself.

Call 812-522-0401 with any questions or issues with these instructions.

*Thank you for choosing Schneck
to provide your testing and care!*



SCHNECK
RESPIRATORY & SLEEP SERVICES