



CENTRAL CAROLINA SLEEP CENTER
RANDOLPH PULMONARY AND SLEEP CLINIC

610 N. Fayetteville Street Suite 302 Asheboro, NC 27203

Phone (336) 633-4020 Fax (336) 633-4069

Sleep Lab Extensions - Ext. 32 (daytime 8:30-5:30pm) Ext. 24 (nighttime 8pm-6am)

You will be finished approximately between 5:30 AM - 6:00 AM the next morning.

It is important to arrive on time for your appointment. If you will not be able to keep your appointment, a notice of 24 hours in advance is required to cancel or reschedule. A minimum fee of \$100 will be charged for untimely cancellations or no shows.

Please call if you have any questions or concerns. We are here Monday - Friday, 8:30 AM - 5 PM and would be very happy to talk with you.

How to prepare for a successful sleep study:

- ☺ Please bathe and have your hair shampooed prior to your arrival. Do not use body lotions, hair spray, hair oils, or any other hair products. All hair weaves, extensions, etc. should be removed prior to your appointment. Make sure all makeup is removed as well.
- ☺ Do not take naps during the day on the day of your sleep study.
- ☺ Avoid nonprescription drugs the day of your sleep study. You may take prescribed medications unless your physician instructs you otherwise.
- ☺ Eat light dinner before your arrival.
- ☺ Avoid any alcoholic beverages the day of your sleep study.
- ☺ Bring the following with you to your sleep study:
 - Two piece sleeping attire, (for example shorts and T-shirt.)
 - Any prescription medications you would need to take at night.
 - Towels, shampoo, etc. if you plan to use the shower facilities.

The entrance to Central Carolina Sleep Center is located at the left rear entrance of Randolph Pulmonary & Sleep Clinic. Follow the long side walk and you will see the entrance for Central Carolina Sleep Center.

FREQUENTLY ASKED QUESTIONS

How should I prepare for a sleep study?

For a few days prior to the scheduled test, try to follow your normal sleep routines. You should arrive for testing neither deprived of sleep nor over-rested.

Try to avoid any products containing caffeine (coffee, tea, carbonated beverages, chocolate, etc.) 24 hours prior to your test.

Take a shower or bath before the test, but do not apply sprays, oils, or gels to your hair.

What happens during a sleep study? Will it hurt? Will I be able to go to the bathroom?

Sleep studies are not painful. Several electrodes with wires will be attached to your head to monitor brain waves while you sleep. Most people quickly become accustomed to them and have no trouble sleeping. Once a patient is “hooked up,” they are still mobile, and can go to the bathroom without difficulty. They can also move about, sit in a recliner, and watch TV.

What should I wear?

Comfortable clothes such as exercise clothes, sweats, t-shirts, and shorts work best.

Should I bring my regular medication?

Yes, unless instructed otherwise by your doctor. Please bring any medications you take at night with you and the sleep technician will instruct you when to take them.

Will I see the doctor in the morning?

No. The data that is collected during the study must be evaluated and scored. After that the reports are sent to your referring doctor. He or she will let you know the results as soon as they receive them. Please do not call our office for you results.

What about the cost?

Most insurance companies cover services for sleep disorders under medical benefits. Central Carolina Sleep Center will only verify coverage with your insurance company prior to testing. It is your responsibility to call your insurance company to determine what you may owe if anything. When calling your insurance company make sure they know the sleep study is billed in an office setting. The billing code for PSG (1st study) is 95810. The billing code for CPAP (2nd study) is 95811.

Directions to Central Carolina Sleep Center:

Central Carolina Sleep Center is located in Premier Medical Center along with Randolph Pulmonary & Sleep Center and Rejuvenation Medspa. We are at the corner of Fayetteville Street and Presnell Street. The entrance to the complex is on Presnell Street. The complex is between the Speedway gas station and Sherwin Williams.