



## **SLEEP MANAGEMENT SERVICES** **1-877-989-9919**

### What to Expect after your Sleep Study

Your study will be “scored” by a Registered Polysomnographic Technician. This means that every 30 seconds of your study will be reviewed for sleep stage, arousals, leg movements, cardiac analysis, oxygen desaturations, and respiratory events.

An interpreting physician will review the data from your study and make recommendations.

Our Interpreting Physicians Include:

Tim Freyaldenhoven, M.D./PhD  
Raghu Reddy, M.D.  
Ghulam M. Khaleel, M.D.  
Ralph Marrero, M.D.

Keith Schluterman, M.D.  
Timothy Cook, M.D.  
David Anderson, M.D.

*(Patients will be billed separately by interpreting physicians for professional services)*

**These recommendations will be sent to your referring physician within 7-10 days.**

Please call our office if you have any questions. We may be able to give you some preliminary results before the final recommendations are sent to your physician. If you have Obstructive Sleep Apnea (OSA) we will call to schedule you for a second study, which enables us to provide treatment and monitor your body’s response to treatment.

If this is your second night of testing for the treatment phase, the same time frame applies. Once your physician receives the results with the recommendations and signs the prescription for your CPAP machine (this is the machine that is used to treat OSA), we will send it to a Durable Medical Equipment (DME) company who will supply you with the machine that you will have at home. Please let us know if you have a preference for a DME provider. Most patients respond well to CPAP therapy after a short period of at home. However, if you continue to experience difficulties after a couple of weeks of use please do not hesitate to call our office. We can assist you in scheduling a consult with a board certified sleep medicine physician to review alternative options including customized oral devices and / or surgical intervention.

If you have a Medicare policy: Medicare requires all patients that test positive for OSA, and using CPAP, to wear their CPAP mask for a minimum of 4 hours each night for 30 consecutive days *AND* have a follow-up visit with the treating physician. This 30 minute, daytime office visit scheduled 30-90 days after you have been set up with CPAP, assures that everything is going well with CPAP **and is required for Medicare** to continue to pay for your CPAP machine. It will also allow the doctor to address any problems you may be having. Your DME Company will stay in close touch with you, as will we, to insure that you have met the requirements for Medicare. If you do not use your machine for at least 4 hours per Medicare guidelines, your CPAP machine will not be paid for by Medicare and may be picked up by the DME Company. It may be necessary to repeat the titration portion of testing in order to keep your machine.

Thank you so much for choosing Sleep Management Services. We hope your experience was as pleasant as possible. Please feel free to contact our office with any questions. We want you to feel that you can always call us if you have questions about your CPAP machine or mask, or any concerns you may have about your sleep. We are here to help.

THANKS AGAIN FOR CHOOSING SLEEP MANAGEMENT SERVICES!