

Mercy Gilbert Medical Center Sleep Center

Frequently Asked Questions

Will I have my own room?

You will have your own suite with a private bathroom, shower and toiletries. You will also have a television with premium cable channels.

What if I need to wake early for work or personal reasons?

If you need to wake early for any reason, please notify your technologist before your test begins.

What should I bring?

Feel free to bring anything you like to make your suite familiar and your own for the night. We want your stay with us to be as comfortable as a night in your own bedroom. Wear or bring loose, comfortable clothing for sleep and your normal night time medications. Also feel free to bring a book, magazine, laptop/tablet or other item that will help you feel comfortable while staying a night away from home. In addition, also remember to bring current copies of your insurance cards, driver's license or picture ID. We have plenty of extra blankets and pillows for your comfort, so no need to bring those.

Do I take my medications?

Take all of your regular medications on the day of your study unless otherwise specified by your physician. Please remember to bring any medications that you usually take before bedtime or when you wake up in the morning. We are an outpatient facility and do not have access to any medications.

Can I bring a drink or snack?

Please eat dinner before you arrive to the sleep center. You may bring your own snacks. Coffee, tea and juice will be provided in the morning.

How does a sleep study work?

Once it is time to begin the study, you will be hooked up to approximately 20 small wires, which are held in place with tape and other adhesives. This takes approximately 25 minutes. All of these sensors help us measure your brain activity, heart rate, breathing patterns and oxygen levels. This is a non-invasive procedure and no needles are used in this process. The sensors are attached using all hypoallergenic medical tape and water soluble paste.

Will I be able to sleep with all those wires on me?

Most patients say that once all the wires are on, they forget about them and have very little trouble sleeping. The wires are very small and organized. You have full range motion in your bed and are able to sleep in all positions.

May my spouse come?

Your friends and family members are welcome to stay right up until we put you to bed and start your sleep study. We look forward to having you.

Need more information?

For additional questions or to schedule an appointment, please call **480.728.ZZZZ** (9999). The Sleep Center is located at 3420 South Mercy Road, Suite 305 in Gilbert.