



**Trinity Health Ann Arbor**  
Sleep Disorders Center  
5301 East Huron River Drive  
P.O. Box 995  
Ann Arbor, Michigan 48106-0995  
Office: 734-712-4651  
Fax: 734-712-2967

PLUE Sticker

## PAP NAP Questionnaire

Dear \_\_\_\_\_,

Your PAP NAP will begin the morning of \_\_\_\_\_ at **10 AM**, and will end the same day:

Between  1 P.M. and  3 P.M.

Please, if you are unable to keep your scheduled appointment, we require 48-hour notice. For scheduling changes, please call Central Scheduling at 734-712-1313 Option 2.

***If you do not notify us, you may be billed \$200.00.***

**If you have any questions or special needs that the Sleep Disorders Center staff should be aware of such as hospital bed, please notify us prior to your test by calling 734-712-2440.**

### PLEASE READ THE FOLLOWING INFORMATION CAREFULLY

- PATIENT REGISTRATION:** You must register for your outpatient sleep test by calling (800) 676-0437, Monday through Friday between the hours of 8:00 am and 5:00 p.m. prior to the date of your test.
- LOCATING THE SLEEP CENTER:** The Sleep Disorders Center is located in Building 5305 on the third floor in the McAuley Inn. You may park in the patient parking spaces in front of Building 5305, parking lot P. Take the lobby elevator to the third floor; turn right through the glass door and right again to the Sleep Disorders Center. Check in at the small glass window.
- PRE-TESTING INSTRUCTION:** Please make an attempt to reduce the amount of sleep you have the night before your study to help ensure that you are able to nap during the test.
- WHAT TO EXPECT:** The technician will apply sensors to your head and torso. There is little, if any, discomfort involved. There will be a mask fitting session with 60 to 120 minutes in bed with PAP device.
- MASK:** Please bring with you the most recent mask you have been using if applicable.
- ATTIRE:** Please dress comfortably because you will be laying down for a short nap.
- Please arrange a ride to and from the clinic if you feel excessively sleepy.
- REPORTING TIME:** If you are not able to arrive by 10:00 a.m. please call the lab and inform a member of our staff. Again, late cancellations or missed appointments may be subject to a \$200.00 fee.

**We would like to thank you for choosing Trinity Health for your Sleep Study!**

**Our Sleep Disorders Center is accredited through the American Academy of Sleep Medicine.**



# PAP NAP Questionnaire

Name: \_\_\_\_\_ Date \_\_\_\_\_

1. How many hours did you sleep last night? \_\_\_\_\_

2. What time do you normally wake up in the morning? \_\_\_\_\_

3. What time did you wake up today? \_\_\_\_\_

4. Have you taken any naps since you woke up this morning? Yes  No

If yes, when? \_\_\_\_\_

For how long? \_\_\_\_\_

5. Did anything out of the ordinary happen today? Yes  No

If yes, please comment: \_\_\_\_\_

\_\_\_\_\_

6. Have you had any of the following in the last 24 hours? \_\_\_\_\_

Alcohol

Coffee

Tea

Cola

Medications (*Prescription and Non-prescription*)

7. Have you had a sleep study? \_\_\_\_\_ If so, where and when? \_\_\_\_\_

\_\_\_\_\_

8. Are you currently using a CPAP or BIPAP machine? \_\_\_\_\_

## Post-Test Questionnaire

1. Were you able to fall asleep? Yes  No  If so, for how long? \_\_\_\_\_

2. Do you feel this trial of CPAP was helpful? Yes  No

3. Has your opinion changed about CPAP use after this session? Yes  No

If yes, please comment: \_\_\_\_\_

4. Would you like to continue with CPAP treatment at home? Yes  No

## Driving Directions

### Trinity Health Sleep Disorders Center

5305 Elliott Drive, Ypsilanti, MI 48197 | 734-712-2276

*on the campus of Trinity Health Ann Arbor*

#### From I-94 East

Take I-94 West to Exit 181B (Michigan Avenue) and head towards Ypsilanti. Turn left at Hewitt Road (first light) and continue North to McAuley Drive (about 2.5 miles) onto Trinity Health Ann Arbor main campus. Make a left on Elliott Drive and follow signs to the Administration Area, park in lot P and enter the Administration Building and take stairs/elevator to the third floor, turn right to the Sleep Disorders Center.

#### From I-94 West

Take I-94 East to Exit 180B and merge onto US 23 North (towards Flint). Take Exit 39 (Geddes Road), at traffic circle take the first exit onto Geddes Road. Make a right turn onto Dixboro Road and continue straight on East Huron River Drive to Emergency Drive, turn left (across from Washtenaw Community College). Make a left on Elliott Drive and turn right at the first drive to the Administration Area, park in lot P and enter the Administration Building and take stairs/elevator to the third floor, turn right to the Sleep Disorders Center.

#### From I-275 North

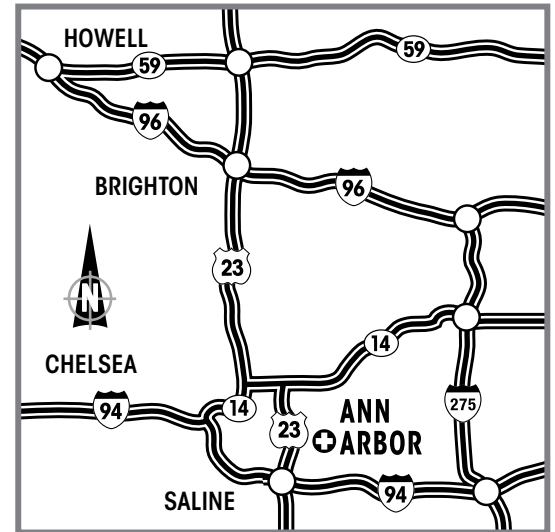
Take I-275 South, to M-14 West towards Ann Arbor to US 23 south. Stay on US 23 south to Exit 39 (Geddes Road). At the traffic circle, take the second exit onto Geddes Road and continue straight through the second traffic circle and make a right onto Dixboro Road, continue straight on East Huron River Drive to Emergency Drive, turn left (across from Washtenaw Community College). Make a left on Elliott Drive and turn right at the first drive to the Administration Area, park in lot P and enter the Administration Building and take stairs/elevator to the third floor, turn right to the Sleep Disorders Center.

#### From US-23 North

Take US-23 South to Exit 39 (Geddes Road). At the traffic circle, take the second exit onto Geddes Road and continue straight through the second traffic circle and make a right onto Dixboro Road, continue straight on East Huron River Drive to Emergency Drive, turn left (across from Washtenaw Community College). Make a left on Elliott Drive and turn right at the first drive to the Administration Area, park in lot P and enter the Administration Building and take stairs/elevator to the third floor, turn right to the Sleep Disorders Center.

#### From US-23 South

Take US-23 North to Exit 39 (Geddes Road). At the traffic circle take the first exit onto Geddes Road. Make a right turn onto Dixboro Road and continue straight on East Huron River Drive to Emergency Drive, turn left (across from Washtenaw Community College). Make a left on Elliott Drive and turn right at the first drive to the Administration Area, park in lot P and enter the Administration Building and take stairs/elevator to the third floor, turn right to the Sleep Disorders Center.



**Interstate/freeways**  
to Trinity Health Ann Arbor



**Trinity Health Ann Arbor campus**  
follow signs to the Administration Area/  
Sleep Disorders Center

