

The Oregon Clinic Sleep Center

Frequently Asked Questions



Why do I have to see a doctor before I have a sleep study?

All new patients are scheduled to see a physician prior to any tests being ordered. This ensures that each patient is fully evaluated for any sleep disorders that may be occurring. At the initial consultation, it gives you an opportunity to get acquainted with our office and the location, and to tour the sleep center. All of these activities will help you feel more comfortable during your sleep study.

How can I sleep with all of the sensors on?

Most people sleep reasonably well. The doctor is looking to obtain a sample of your sleep pattern. Your movements will not be inhibited and you will be able to change positions if needed. We strive to make your experience as comfortable as possible.

What if I need to go to the bathroom during the night?

It is easy to use the bathroom at night. Your technologist or technician disconnects two cables that free you to use your private bathroom.

What time will the study be over?

Typically the study will end between 6 AM to 7 AM. In certain circumstances, special accommodations are made for people who sleep during the day or work late into the night. This should be discussed with your sleep physician and our scheduling team so that we can arrange to meet your specific situation.

How long will it take to get the results of my sleep study?

Follow up appointments are generally scheduled with your sleep physician or nurse practitioner for one week following your sleep study. In some circumstances, your provider may call you by phone to go over the results of your study. If you don't receive results within 10 days, call the Sleep Center.

Why do I need to have another sleep study?

Often times, a second sleep study is ordered by your physician so that a titration with CPAP or BPAP can be performed. Some individuals will have what is called a "split night study," during which the second half of the night CPAP is applied. If you do not have a split night study, it does not mean that you don't have sleep apnea—it simply means that the physician needs to interpret the study before making further recommendations.

Is the sleep study covered by insurance?

Sleep studies are covered by insurance. Individual deductibles and coverage varies. You should call your insurance company directly and ask what your specific plan coverage is. We will verify insurance benefits and obtain authorization if necessary at the time your sleep study is scheduled.

What is BRIDGES (Better Rest is Dependant on Getting Education and Support)?

BRIDGES is an education and support program for sleep apnea patients that meets monthly at the Gateway Medical Office building. For more information please contact the Sleep Center.



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