

HELPING YOU REDISCOVER A GOOD NIGHT'S SLEEP

SLEEP CENTERS

HOW TO MAKE AN APPOINTMENT

Patients can only be referred to the Little Rock Sleep Center by a sleep physician. Appointments can be scheduled at the Little Rock Sleep Center by calling 501-202-1902. For the North Little Rock Sleep Center, patients can be referred by a physician, family member, or self-referral. Appointments for the North Little Rock Sleep Center may be made by calling BAPTIST HEALTH HealthLine at 1-888-227-8478. An initial consultation will determine if formal testing is required. The Sleep Center will contact you the day of your study with a reminder and instructions.

CHARGES AND INSURANCE

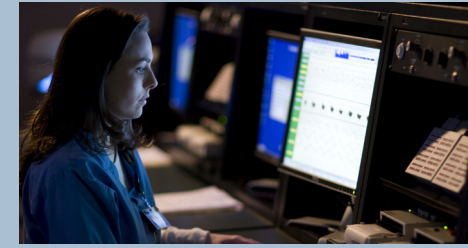
Although many (but not all) health plans provide coverage for these outpatient diagnostic procedures, the Sleep Center is unable to determine the details of each individual's insurance plan. We advise you to contact your insurance company to clarify your coverage before your study date.

BILLING

Please keep in mind that whether you go to the Little Rock or North Little Rock Sleep Center, you will be receiving two separate bills. One will be from the hospital for Sleep Lab services and the other bill will be from the Sleep Clinic for physician services.

SLEEP CENTERS

BAPTIST HEALTH is the state's most comprehensive healthcare system. With more than 175 access points — including major medical centers, family clinics and therapy and wellness centers — BAPTIST HEALTH is committed to delivering all our best in healthcare to the people of Arkansas.



BAPTIST HEALTH SLEEP CENTER LOCATIONS

BAPTIST HEALTH Sleep Center-Little Rock
Hickingbotham Outpatient Center
9500 Kanis Road
Little Rock, AR 72205

BAPTIST HEALTH Sleep Center-North Little Rock
Springhill Medical Plaza
3333 Springhill Drive, 2nd Floor
North Little Rock, AR 72117

Baptist Health exists to provide quality, patient-centered services, promote and protect the voluntary not-for-profit healthcare system, provide quality health education and respond to the changing health needs of the citizens of Arkansas with Christian compassion and personal concern, consistent with our charitable purpose.



For more information,
Call BAPTIST HEALTH HealthLine
at B-A-P-T-I-S-T (227-8478) or 1-888-B-A-P-T-I-S-T,
or visit our web site at www.baptist-health.com.

BAPTIST HEALTH SLEEP CENTERS

OUR CENTERS

Accredited by the American Academy of Sleep Medicine, the BAPTIST HEALTH Little Rock Sleep Center and North Little Rock Sleep Center (currently applying for accreditation) are committed to the highest standards of evaluation and treatment by physicians who specialize in sleep disorders medicine.

The state-of-the-art facilities combine comfortable, hotel-like ambiance with technologically advanced polysomnographic recording capability.

Each center is staffed by highly trained technologists and board-certified physicians who analyze and interpret the sleep studies of each patient.

SERVICES OFFERED

- Consultations (Inpatient & Outpatient)
- Comprehensive long term follow-up in the Sleep Center for all sleep disorders
- Sleep logs and actigraphy (long term sleep/wake monitoring)
- Screening studies for sleep apnea
- Attended adult polysomnography
- Multiple sleep latency test and maintenance of wakefulness tests for truck drivers and pilots



WHAT IS A SLEEP STUDY?

The most common diagnostic test is a PSG (polysomnogram), which consists of monitoring various body and brain functions during the night. A technician will apply several small electrodes to your scalp, face, chest, abdomen, and legs. These devices will be applied with a light adhesive that is easily removed after the test. The electrodes are then connected to the computer, which then records the brain and body activities throughout the night. The recorded data is analyzed and reviewed by a board-certified sleep specialist. You and your referring physician will be contacted to go over the results and treatment options.

IMPORTANT INFORMATION TO KNOW BEFORE YOUR SLEEP STUDY

You will be asked to arrive at the Sleep Center at 8 p.m. after a normal day. On the days of your studies, please shower or bathe and wash your hair, but do not use body or hair products like lotions or hairspray. Do bring the following:

- Loose fitting night clothes
- Personal items (toothbrush, shaving kit, etc.)
- Your pillow, if you feel that you will sleep more comfortably with it
- Any medications you are currently taking and will need during your stay
- **Little Rock Sleep Center Only**- A book or something to do while the physician reviews your study the following morning. It could be noon before you are released.

Please do not bring valuables.

Both Sleep Centers are located on BAPTIST HEALTH medical campuses, which are smoke-free environments. If you smoke and feel you cannot complete the studies without smoking, talk to your Sleep Center physician about options.

PROVIDING GREATER COMFORT & PRIVACY FOR OUR PATIENTS

