



Discharge Instructions

Dear Patient:

BEFORE YOU LEAVE, PLEASE CHECK THE BEDROOM AND MAKE SURE THAT YOU HAVE ALL OF YOUR BELONGINGS. ASCENT SLEEP & WEIGHT IS NOT RESPONSIBLE FOR ANY ITEMS LEFT AT THE SLEEP LABORATORY.

The following instructions are intended to help you understand the process of evaluating your sleep study and the subsequent steps that will be taken.

- It will take approximately seven (7) days for your sleep study to be analyzed and interpreted by our physician.
- The results of your study will then be sent to your referring physician who initially ordered the sleep study. If your sleep study reveals that you have a sleep disorder, your physician may order a second sleep study for treatment options or further evaluation.
- After you have completed a CPAP/BiPAP titration study, Ascent Sleep & Weight will contact you once we receive the order from your physician to set up your machine.
- If you have not heard from your physician within the next two weeks, please call your physician's office to check on the status of your study or to arrange a follow-up appointment.
- If one of your symptoms is daytime sleepiness, please do not drive or operate heavy equipment when you are sleepy. Sleepy drivers are at an increased risk of being involved in motor vehicle accidents. Please Drive Carefully!



Please keep a copy of these instructions for future reference

Do you have any friends or relatives whom you think may have a sleep disorder?
Please refer them to Ascent Sleep & Weight for an evaluation today.