



Mary Lanning

HEALTHCARE

Dear patient,

Thank you for choosing the Mary Lanning Healthcare Sleep Lab.

Your sleep study appointment is:

Date _____ Time _____ p.m.

Please arrive at the **Emergency Room Entrance on the north side of Mary Lanning Healthcare at the time scheduled above. Call MLH Security at 402-984-4950**, and indicate you are here for a sleep study. A security officer will accompany you to the Sleep Lab.

In order to make your stay more comfortable and obtain the best sleep study possible, please follow the guidelines below:

What to do

- Please complete the attached sleep diary and bring it with you.
- Eat dinner prior to your overnight study.
- Bring comfortable clothing for sleeping plus a change of clothes for the next day.
- Bring a favorite pillow or blanket if you prefer. (We provide pillows, sheets and blankets.)
- Bathe, shampoo and dry your hair before arriving.
- Remove nail polish, including shellac or acrylic, before the study. Please have one index fingernail trimmed.
- If you have hearing aids, please bring them.
- Please take all evening/nighttime medications and inhalers prior to arrival. This includes over-the-counter medications and supplements.
- **If you are unable to take sleep aids or rescue inhalers before you arrive, please call MLH Sleep Lab at 402-460-5673 so the nursing staff can contact you about your medications or inhaler. You must bring this medication in the original, properly labeled container. Any medication brought to the Sleep Lab without prior approval cannot be taken.**

What to avoid

- It is best to avoid a nap on the day of the study.
- No alcohol should be consumed on the day of the study.
- Do not ingest caffeine after 2 p.m. on the day of the study.
- Do not use hair products (oils, gels, mousse or hairspray) or body lotion on the day of the study.
- **Please do not drive if you have a history of falling sleep while driving or if you have taken medications that make you sleepy.** Make sure you have a driver or take your medication after you arrive in the MLH parking lot and before you enter the building.
- **If you are suffering from a respiratory or sinus infection that will interfere with the accuracy of the study, please call to reschedule.**

Please contact the MLH Sleep Lab at 402-460-5673 if you need to reschedule your appointment or have questions.

Please leave a message.

For more about sleep testing:



<http://bit.ly/4mV1byf>



Your results

A Mary Lanning Healthcare sleep physician will score and interpret your sleep study results. The final report will be forwarded to your ordering provider. You should receive your results within two weeks.

There is a possibility you will need to return for a second-night Titration Study if you do not meet criteria during the first night. This will mean an additional procedure charge.

Charges, billing and insurance

Mary Lanning Healthcare Sleep Lab estimates as of 06/26/2026. *All prices are subject to change at any time.* An MLH insurance representative will contact you about your insurance and prior authorization requirements.

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| • Unattended Home Sleep Study: \$820 | Professional Interpretation Fee: \$145 |
| • In-lab Diagnostic Sleep study: \$6,495 | Professional Interpretation Fee: \$256 |
| • In-lab Split-Night and/or Titration Sleep Study: \$6,859 | Professional Interpretation Fee: \$266 |
| • Multiple Sleep Latency Test (MSLT): \$4,149 | Professional Interpretation Fee: \$126 |

Commercial insurance: The estimates above do not include discounts negotiated between your insurance company and Mary Lanning Healthcare. We recommend you contact your insurance company to determine coverage for your procedure and the cost estimate based on your out-of-pocket deductible, co-insurance, percentage and your insurance company's contract with MLH. You can usually find your insurance company's phone number on your insurance card. If not, please contact your insurance representative. ***(The estimates above are not a quotes or guarantee of the charges for a service or the amount you will owe. If you have insurance, your policy coverage will determine the amount you owe.)***

Medicare: The estimates above are based on average charges for these procedures without complications. Actual charges may vary. You may also receive a bill from other medical professionals providing service during your visit (i.e. interpreting physician fee). Medicare has a contracted amount it will accept for a sleep study. Most likely, the only thing you should owe is if you have a deductible with either Medicare or your supplement, however, this is not a guarantee. ***(The estimates above are not a quote or guarantee of the charges for a service or the amount you will owe. If you have insurance, your policy coverage will determine the amount you owe.)***

Private pay/no insurance: Non-insured patients may be eligible to receive a 10% discount on services if the bill is paid in full within 30 days of the first statement. Only services that are not covered by a third party are eligible.

If you feel your rights have been violated, you may initiate a formal grievance. You can file a written or verbal grievance by contacting:

Mary Lanning Healthcare Compliance Officer: 833-280-3614 (toll free) or mail to 715 N. St. Joseph Avenue, Hastings, NE 68901

You may also contact the Accreditation Commission for Healthcare (ACHC) at 855-937-2242.