

# UT Health East Texas Sleep Medicine Physicians

UT Health East Texas Pulmonary Institute  
at North Campus Tyler



**Rodolfo Amaro Galvez, MD**

Board Certification: Pediatric Pulmonology  
and Pediatric Sleep Medicine

UT Health East Texas Pulmonary Institute  
on South Fleishel Avenue  
A department of UT Health Tyler



**David Jones, MD, FCCP, DABSM**

Board Certification: Internal Medicine,  
Pulmonary Disease, Critical Care and Sleep  
Medicine



**Ketan Patel, MBBS, MD, FCCP**

Board Certification: Internal Medicine,  
Pulmonary Disease, Critical Care and Sleep  
Medicine



**Carla Wang-Kocik, MD**

Board Certification: Internal Medicine,  
Pulmonary Disease, Critical Care and Sleep  
Medicine

## UT Health East Texas Sleep Disorders Center Locations

- Tyler (South Park Drive and Turtle Creek Drive)
- Athens
- Carthage
- Henderson
- Jacksonville
- Pittsburg
- Quitman

## How do I sign up for a sleep study?

A doctor's order or referral is required to schedule a sleep study. Ask your primary care physician to refer you to your local sleep disorders center for an appointment.

**For more information on sleep disorders,  
please call 903-531-8079.**



# Having sleep issues?

We can help.





**While there are more than 80 identified sleep disorders, many cannot be accurately diagnosed or effectively treated without a sleep study. Sleep-related symptoms including insomnia, snoring or daytime sleepiness may be signs of a sleep disorder.**

## What is a sleep study?

A sleep study is an overnight study and evaluation performed by a sleep specialist that helps inform a proper diagnosis for sleep-related disorders. During the study, the specialist monitors brain activity, muscle movements, respiratory patterns, oxygen levels and heart rate and rhythm while the patient is sleeping.

## What can I expect?

You will usually arrive at a sleep center between 8-8:30 p.m. and be shown to a private bedroom, similar to a hotel room. Then, the technician will provide an educational summary about the testing process. After the summary, you will be asked to change into your nightclothes. You will be given a few minutes to relax and get comfortable. The technician will then begin the hookup, a process that takes about a half hour. Small sensors will be placed on your head, beside your eyes and on your chin using a mild paste that can be washed away with water. You will be encouraged to get a normal night's sleep. The study usually concludes between 5-5:30 a.m.

## Will my insurance cover a sleep study?

Sleep testing, physician interpretation and follow-up care are covered by most insurance companies, including Medicare. Individual policies vary, so we encourage patients to verify insurance coverage prior to their appointment.

## Should I bring my medications with me?

Yes; however, do not take any medications that are not part of your normal routine on the day of your appointment. You should bring your medications and a complete list of all prescribed and over-the-counter medications you take.

Treatment with medications should be used in combination with good sleep practices and/or behavioral approaches.

## What happens after the sleep study?

After your initial sleep study, you will be contacted by a sleep specialist to schedule a follow-up appointment. During this appointment, you will review the results of your study and discuss potential treatment options.

## What are some treatment options?

Proper treatment can prevent or reverse many of the serious side effects of sleep disorders. Treatment options may include lifestyle changes such as exercise and weight loss, medical therapy such as positive airway pressure, the use of an oral appliance and/or surgery.

