

SLEEP STUDY INSTRUCTIONS

The sleep center is set up for 1 patient (person) per room. If special accommodations are needed please check with care coordinator prior to your sleep study. Accommodations will be made for those that require nursing care or if you are a minor under the age of 18. A legal guardian is required to accompany the minor for the duration of the sleep test.

How to prepare for your sleep study:

On the day of your sleep study

DO take a bath/shower prior to coming in for sleep study as this lab does not have a shower. Please make sure your hair is **dry** prior to your arrival.

DO bring comfortable clothes to sleep in, **you must wear sleeping clothes for this test**

DO take all of your medications as you normally would for the day/night, *unless* you are told otherwise by your physician. Please bring all your medications with you, or a complete list of your medications to your sleep study. ***No medications or sleeping aids will be dispensed at the sleep lab***

DO eat dinner prior to coming in for your appointment.

DO bring your toothbrush and other grooming items to freshen up in the morning, as well as a small hand towel or washcloth.

DO bring your CPAP MASK if you have one, this will help the technologist to see what you use at home and determine if it is still working properly.

THINGS TO NOT DO:

DO NOT drink any caffeinated or alcoholic beverages the whole day- this will affect your study

DO NOT take a nap- come as tired as possible

DO NOT wear acrylic nails

DO NOT wear nail polish

DO NOT wear oily lotions or creams on your skin as this will affect the application of sensors

DO NOT use hairspray, pomades or oils on your hair, this will affect the application of sensors

General information about your sleep study:

- Upon arrival your technologist will check you in, please bring your insurance card/s, ID, co-payment and completed questionnaires with you. You will be escorted to your room by the technologist, you will have a quiet, private room with a full size bed.
- The technologist will ask you some questions about your sleep and will explain the testing process to you. You will be asked to change into your sleeping clothes, prepare for bed, and be given privacy while doing so. You will be attached to sensors that will allow the technologist to monitor your sleep and breathing patterns including heart rate, oxygen level, limb movement, and brain wave activity.
- Your study will begin between **10:00pm and 10:15pm** unless an earlier bedtime is requested. Just let the technologist know if you require an earlier bedtime or a specific wake up time. Otherwise the study will be finished between **5:30am and 6:00am**. Please plan to be discharged between 6:00AM-6:30AM.
- Your technologist will not be able to give you a diagnosis in the morning, as all test data and results will need to be scored, then interpreted by the Board Certified Sleep Medicine Physician.
- Your primary care or referring physician should receive your sleep study results within 3 - 4 weeks. Please make an appointment with your physician to discuss your sleep study.
- Appointment Cancellation & No-Show Policy: Please note that you are required to notify us at least 24 hours in advance of an appointment cancellation. If you are cancelling less than 24 hrs prior to your appointment time you will be charged a late cancellation fee of \$150.

If you have any questions please call us at (808) 443-2626 Thank you!