



Preparing for your Sleep Study

Scheduled for: _____

\$200 FEE WILL BE CHARGED FOR CANCELLATIONS LESS THAN 48 HOURS IN ADVANCE OR FOR A NO SHOW

Please ring doorbell for technician upon arrival.

Introduction:

You may have questions as you prepare for a sleep study at a sleep center, or lab. Knowing what to expect will help you feel more relaxed before and during the study. Up until now, your sleep has probably been a mystery to you. You may not know why you aren't sleeping as well you would like. The sleep study will help reveal some of the secrets and dispel some of the mystery of your sleep. It will show what happens while you are sleeping, and this data will help detect the cause of your problem(s). Your sleep specialist will then have a good idea of how to help you sleep better. Improving your sleep will be of great benefit to your overall health and quality of life. It will help you feel better, think clearer and have more energy.

Why do I need a sleep study?

Taking a sleep study at an accredited sleep center is the best way to find out if you have a sleep disorder; it is the "gold standard" of sleep disorders diagnosis. Sleep is not a simple process. Many parts of the brain control your sleep in various stages: drowsiness, light sleep, deep sleep, and REM or dream sleep. An overnight sleep study, or polysomnogram, is the best way to analyze your sleep in all of its complexity. It records brain waves, heart rate, movements of eyes and legs, effort to breathe and air flow; showing your doctor the "big picture" of your sleep pattern, and providing facts on what your body is doing at every moment of sleep. A sleep study is the most complete and scientific way to evaluate your sleep and discover any problems.

Preparing for your sleep study:

If you have any needs or concerns, please tell the office staff ahead of time. The day of your study:

- Do not consume any caffeine after 2PM; including coffee, tea, dark colored soft drinks, chocolate and energy drinks.
- Do not consume alcohol.
- Try not to take any naps during the day- this should enable you to fall asleep more easily in the sleep center.

Before coming in to the sleep center, please note the following:

- Be sure to wash and dry your body and hair completely.
- Do not apply any products to your hair after washing.
- Do not apply any lotions to your body.
- Ladies: arrive with a bare face (no makeup) and do not apply any moisturizers to your face.

- Gentlemen: beards do not have to be completely shaved off, but should be neatly trimmed and groomed as usual; no "stubble" please.
- Bring or wear loose, comfortable sleep clothes.
- Bring any medications you may need to take while you are away from home.
 - It is vital that your sleep specialist is aware of any medication you are taking, both prescription and non-prescription.
- Bring eye glasses if needed; there will be paperwork to complete.
- Although we have plenty on hand, feel free to bring your own pillow.
- We do not have bedside lamps. If you prefer to bring reading material, an electronic tablet might be preferred.
- We currently do not have a TV in all of the rooms.
- There are no showers in the sleep center.

What will happen when I arrive at the sleep center?

Your arrival time will be given to you by the Sleep Coordinator, usually between 8:30 and 9:30PM. A technician will greet you and show you to your room. There will be a few forms to complete before set up begins. You may change into your night clothes at this time, if needed. During the setup, feel free to ask questions about the study and inform the technician of any recent changes in your sleep that you may have not discussed with your doctor.

Next, about two dozen sensors are applied to your head and body with a mild adhesive. Small metal disks, called electrodes, are connected to a computer and record the vital signs of your sleep. The wires are long enough to allow you to turn in your sleep. The elastic belts around your chest will monitor your breathing, ECG electrodes monitor your heartbeat, and a device on your finger monitors oxygen levels in your blood. None of these devices are painful, they are designed to be as comfortable as possible. After everything is hooked up, you will be asked to make a series of movements to ensure everything is sending clear signals. Once it is all ready, the lights are turned off and the study begins.

You will be awakened at 5:00 or 5:30AM, and should be released by 6:00AM. Please inform your ride of this if you are not driving yourself.

