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**SLEEP STUDY INFORMATION**

**Please allow 2-4 weeks for this sleep study to be read by our sleep doctor and faxed to your referring physician.**

**SLEEP STUDY INSTRUCTIONS:**

1. Please be here at your scheduled appointment time. **Please note that we are not able to accommodate patients earlier than the designated appointment time. Please do not plan to arrive prior to your scheduled appointment.**
2. Keep a regular sleep routine the night before your test. It is important to stay awake at least 12 hours before your test is scheduled to start. **DO NOT NAP**.
3. Bring a current list of all your medications. IF YOU TAKE ANY MEDICATIONS AT NIGHT OR IN THE AM, PLEASE BRING THEM WITH YOU. NO MEDICATIONS WILL BE PROVIDED BY THE STAFF. Let your Sleep Technician know if you will be taking a sleep aid upon your arrival, they will instruct you further.
4. Do not use any alcohol or caffeine after 2:00 on the day of your test, unless instructed to do so by your physician.
5. Refrain from using any hair gels or spray. We recommend bringing a scarf or hat to wear when leaving.
6. No creams or lotions on your face or legs.
7. No makeup or foundation.
8. Minimize jewelry, especially necklaces or earrings.
9. Remove nail polish, at least off one finger.
10. Most patients are ready to leave between 5:00 am and 5:30 am. Please arrange for pick-up at this time if you did not drive yourself.
11. Bring pajamas or something comfortable to sleep in. Sleeping nude or in underwear is not acceptable.
12. Males are asked to be clean-shaven (where you normally shave) upon arrival for testing.
13. This is not an invasive procedure. You may drive yourself; no medications will be administered to you at the lab.
14. Pillows and blankets will be provided.
15. Alcohol, smoking and vaping are not permitted inside the building.

**Sleep Study Check List:**

1. \_\_\_Eat Dinner.
2. \_\_\_Shower/shave
3. \_\_\_Hair is washed and clean
4. \_\_\_Paperwork signed and completed (can also be completed at sleep lab)
5. \_\_\_Medications packed
6. \_\_\_CPAP mask packed (if applicable)
7. \_\_\_Dental device packed (if applicable)
8. \_\_\_Pajamas packed
9. \_\_\_Toiletries
10. \_\_\_Slippers or flip-flops
11. \_\_\_Insurance Card and State ID (Driver’s License)

**What You Can Expect**:

When you arrive for your sleep study the technician will greet you, collect your paperwork and any deductible/copay required, and copy your State ID (driver’s license) and Insurance Card. You will then be taken to your room. You will be asked to change into your night clothes. You will have a chance to use the restroom and prepare for bed. Once you are ready for bed the sleep tech will begin to place small sensors on your head/face/legs with tape and cream. The sensors are then plugged into a machine that will monitor your sleep. During the night if you need to use the restroom you will call the sleep tech to assist in disconnecting you from the monitors (just a couple of cords are disconnected). There will be a camera in your room to monitor your body movements. The technician will be outside your room the entire night. You will leave approximately between 5:30 a.m. and 6:00 a.m. the following morning. Coffee/Tea and a light snack will be available, if desired. Please arrange for a pick-up at this time if you did not drive yourself.

**What A Sleep Study Shows**:

The sleep study monitors all stages of sleep. To do this, the following are recorded:

* Eye movements
* Heart Rate
* Brain Waves
* Muscle Activity
* Level of oxygen in blood
* Breathing and snoring
* Sudden leg or body movements

If you have breathing problems, a CPAP (Continuous Positive Airway Pressure) machine may be used. CPAP is a device that can help you breathe and improve your sleep. It may be used during the second half of your study or on a separate night. There are certain criteria that need to be met in order for diagnostic and therapeutic studies to be done in the same night (split-night).

Can my family member stay with me during my sleep study?

**NO. Only if a special need has been determined and requested by your physician may a family member stay with you during your sleep study, or if prior approval was obtained through the sleep lab.**

**Pediatric patients, under 18 years of age, must have one parent/caregiver present at all times.**

Having a guest in the room with you during the sleep study is disruptive and may result in faulty and/or incomplete data.

Our building is locked at night. Please knock and wait at the front door, and the sleep technician will let you in (allow a few minutes for him/her to let you in).

In case of an emergency, you can be contacted by a family member during your sleep study at (505) 787-2680 X 5.