

## **Sleep Study Information**

**When you arrive, please ring the doorbell. A tech will respond to unlock the doors for you.**

**If you are being picked up in the morning, have your driver arrive between 6:30 and 6:45 am.**

**If you are already on CPAP or BiPAP, please bring your mask and headgear with you.**

**CANCELLATIONS: For those that need to cancel or change an appointment, this must be done during the day with the receptionist between Monday and Thursday. We require 3 working days cancellation notice if you are unable to attend.**

**If you do not attend your sleep study or cancel without giving adequate notice, we will not reschedule any future appointments. Cancelling with short notice prevents the study from being available for another patient.**

### **What to Expect**

The “Sleep Study” or Nocturnal Polysomnogram is a test conducted overnight and monitored by a trained technician to objectively evaluate your sleep. There are tiny electrode cups attached to your scalp with water soluble paste to monitor brain waves (EEG). This is so the technician can determine when you go to sleep, how deeply you sleep and how often you wake up. A sensor monitors airflow through the nose or mouth. Elastic belts around the chest and abdomen monitor breathing movement. A sensor on your finger monitors blood oxygen. A microphone on your neck monitors snoring. Electrodes attached to the chest monitor heart rate and rhythm (EKG). Electrodes attached to the legs monitor leg movements and twitching. There is an infrared camera and a microphone so the technician can see and hear you. If you need assistance during the night, such as getting up to go to the bathroom, pushing the call-bell button will immediately summon the technician in to help you. Despite all the monitoring paraphernalia, the beds and rooms are comfortable and you are able to sleep.

When you arrive at night, push the doorbell, and the technician will let you in and show you to your private room. The doors to the lab are kept locked all night for security reasons. You then change into your sleep-wear and relax in the patient lounge or your bedroom until the technician calls you into the set-up room. In the set-up room, the various pieces of monitoring equipment are attached to you. After this, you may go to bed when you are ready, but usually no later than 11 pm. The technician will usually wake you up at 6 am or earlier if requested. Patients must leave by 7 am.

After your study is completed, it is scored by a technician and interpreted by a sleep disorders physician. At your follow-up visit, the results will be reviewed and treatment options will be discussed.

### **What to Bring**

Pack a small bag with all the items you will need for an overnight stay away from home. Do not bring valuables. Items to bring include:

- **Appropriate Sleepwear:** pajamas (please no silk as sensor belts slip), housecoat, slippers (shorts and tee-shirts are acceptable). Keep in mind you may be monitored by male or female technicians and there are both male and female patients in the lab.
- **Personal Toiletries:** towels, shampoo and soap are provided. Showers are available.
- **Medications:** bring all the medications you normally take. Take your usual sleep medications on the night of the study unless instructed otherwise by your sleep disorders physician.
- **Personal Items:** you may wish to bring reading material. No candles or incense. Smoking is not allowed in or near the building. You are not allowed to bring your own pillows or blankets for public health reasons. We have a variety of extra pillows and blankets available.
- **CPAP/BiPAP:** if you already have CPAP or BiPAP equipment, please bring the mask, headgear and tubing with you. We do not require the machine itself.

### **On the day of the Study**

- Please shower and wash your hair before coming to the lab. This allows the technician to easily apply and remove electrodes. Do not apply gel, oil or hairspray prior to the study. Men, please shave if you normally do so. Women, please do not wear make-up or nail polish.
- No caffeinated beverages after 12 noon on the day of the study.
- No alcohol on the day of the study.
- Patients are not permitted to smoke after the technologist has attached the electrodes.
- Avoid napping on the day of the study. If you get sleepy when you drive, have someone drive you and pick you up after the study.
- Please arrive at your scheduled time. If you are running late, please telephone the number listed for your lab under “Contacts” on the web site so we can advise you. (Do not call the office number as it is not monitored at night.) **Please note that we require 72 hour cancellation notice.** Missing a sleep study is a waste of limited and expensive resources. It is also not fair to others who are waiting for a study. If you are unsure of whether you can make it, please let us know. Except in extenuating circumstances, **patients who do not provide adequate notice will not be rebooked!**