

## Sleep Study Preparation

To obtain the best test results for your sleep study your cooperation with the following instructions is very important.

- This is an **OUTPATIENT TEST**. Nursing services are **NOT** provided.
- You must bring a chaperone with you if you need any special assistance, such as a wheelchair, help with walking, or special medical care
- **Medications:** Please bring any medicine or food that you may need with you. A refrigerator is available.
- The testing facility is non-smoking by law.

Maintain your usual daytime schedule on the day of your test.

**DO NOT** take naps on the day of your test.

**Avoid** unusual physical exercise or unusual meals.

**Avoid** alcoholic beverages on the day of your study.

**Avoid** coffee or beverages containing caffeine one day prior to testing.

**Please shampoo your hair and wash your face prior to arrival.** Avoid heavy make-up, hair spray, or hair crème. This improves the quality of the study.

**ATTIRE:** Bring appropriate bedclothes for sleeping, such as pajamas, nightgowns, or sweat suit. Top and bottom garments are required. You may bring a bathrobe and slippers if desired.

**Entrance and Parking:** You must enter at the Emergency Room Entrance. You will be met by a parking valet attendant who will park your vehicle at no charge. If you choose to **Self Park** you must enter at the Emergency Room Entrance.

**Accommodations:** Include private room and bath w/shower is provided. Linens are provided. Bring toiletries and a change of clothes if you wish.

**Test Prep:** The sleep technician will prep you for your test by applying several small electrodes to your scalp with a paste. Electrodes may also

be taped to the sides of your eyes, near the nose and mouth, chest, legs, and arms (depending on the test ordered by the physician). This is a painless procedure and the skin is not broken.

**Testing & Monitoring:** You will be encouraged to relax and prepare for sleep. A television and remote control are available to you. Your technician will monitor from a separate room.

**Assistance:** An intercom is turned on in the room during the night. You can call out to the technician if you need anything. If you need to use the restroom during the night the technician will assist you.