

INSTRUCTIONS FOR PATIENTS SCHEDULED FOR SLEEP TESTING

1. Try to maintain a usual daytime schedule. **DO NOT** take any naps on the day of your sleep test, unless you are instructed otherwise by your physician.
2. In order to assure proper electrode attachment, you will need to shower and shampoo your hair the day of test. Please **DO NOT** use any conditioner or oily treatments. We recommend that you **DO NOT** have your hair professionally done prior to your test. You may want to bring a scarf or hat to wear home after your test because we will be applying some gel to your scalp to attach about six wires. This gel will easily wash out with shampoo. **Men**, if you shave, please be freshly shaven prior to arrival as razor stubble will cause difficulty in attaching wires to your chin area.
3. Nursing services, medications and toiletries are not provided so please be sure to bring with you the following:
 - ✓ Two piece sleeping attire; please no gowns. Men must wear shorts or pajama bottoms, underwear only is not acceptable.
 - X ✓ Bathrobe and slippers (for your comfort).
 - ✓ Soap, shampoo, deodorant, toothbrush ect...(only towels are provided)
 - ✓ Any medications you will need to take.
 - ✓ If your physician has ordered any sleeping medication for you, please bring with you and be sure to let you technician know about it, so they can advise you on when to take it.
 - ✓ Change of clothes.
 - ✓ Your own pillow (for your comfort).
 - ✓ Caffeine Free Snack, if desired

- what time pt went to bed
- what time pt woke up
- if any naps - how long
- how much caffeine
- how pt felt in the am
4. After you register for your test, a technician will greet you and show you to your room. You will then be asked to fill out a few simple questionnaires, then you will need to change into your sleepwear.
5. In preparation for the test the technician will apply several small electrode wires to the scalp with gel. One near each eye, nose, chin, mouth, chest, legs, and or arms, depending on the test ordered by the physician. This is a painless process and the skin is not broken.
6. At this point you will be able to relax, take any medications and enjoy your snack, if you brought one.
7. If you need to use the restroom or need any assistance during the night you can call your technician. For your convenience, an intercom will be on in each room. The monitoring equipment is easily unplugged and will not cause any restriction of your movement.
8. Our goal is to provide your physician with the most accurate sleep study results possible. In order to achieve this goal your cooperation is necessary in following these instructions. If you have any questions or concerns please contact us at 1-888-288-0854, Monday thru Friday 9 am – 6 pm.