



## SLEEP STUDY PREPARATION CHECKLIST

### **Before you come:**

- ✓ Eat supper before you leave home.
- ✓ NO CAFFEINE after 9 a.m. the day of the test.

### **Bring with you:**

- ✓ Your insurance card and ID (driver's license, state ID card)
- ✓ Overnight bag with items you would normally take for a night in a hotel
- ✓ Any medications you may regularly take at night
- ✓ Your pillow, if you prefer. We do have pillows on your bed.
- ✓ Reading material, knitting, etc., (We do have satellite TV in your room, if you prefer)

### **Wear:**

- ✓ Comfortable clothing (PJ's, sweats, NO SILK OR SATIN, ETC.) Everyone must be wearing a top and bottom (no nightgowns).
- ✓ Your hair should be clean and "undone" or loose, Electrode gel will be used to adhere leads to your scalp. This is not painful, nor is any other procedure.

### **Arrival and Departure:**

- ✓ Arrive 9:00 to 9:15 pm, unless other arrangements have been made with the staff
- ✓ Departure time is no later than 6:45 am; please tell the technicians if you need to leave earlier
- ✓ Check your room and bathroom before leaving the facility. Lost and found is kept for two weeks and then discarded.

### **WHAT TO EXPECT**

Upon your arrival you will be greeted by a technician who will escort you to your room. The technician will explain the procedure and what to expect during the night. Prep, and if needed, mask fits take between 30 and 45 minutes with lights out around 10 pm. Wake up time is between 5:30 and 6 am. Electrode gel will be used to adhere leads to your lower legs, chest, head and face.

**When following Academy of Sleep Medicine and insurance (including Medicare) guidelines, Obstructive Sleep Apnea testing is normally a two night procedure:** one night to diagnose this condition, a second night to determine the appropriate pressure to correct your apnea and keep your oxygen level normal. Following guidelines for determining when it may be necessary, these two studies may occasionally be combined into one sleep study.