

Overnight Sleep Study *instructions*



Welcome! We are happy that your physician has chosen us to help with your sleep needs. We want to make your experience with us as comfortable and relaxing as possible. Please let us know, in advance, any special needs you may have during the night. Your stay with us will finish at approximately 5:00-6:00 AM the morning after your study.

What to Bring:

- Something comfortable to sleep in (preferably cotton, two-piece pajamas), a robe, slippers or anything that would make your stay more comfortable.
- Medications that you normally take or a list with the medications and dosages included. Bring any over the counter medications that you may need to take during the night, such as Tylenol, heartburn medications, sleeping aids, etc.
- Questionnaires or paperwork that you may have received from the Sleep Center.
- Your driver's license and insurance card.

What to do on the day of your study:

- Avoid napping if at all possible.
- Wash your hair on the day of your study and avoid oils, gels, hairspray and skin lotions.
- Eat dinner before coming to the Sleep Center (bring a snack if you need one prior to bedtime).
- Avoid drinking alcoholic beverages and caffeine after 12:00 PM on the day of your sleep study.
- Take all of your medications as normal, unless otherwise instructed by your physician.
- On the three days / nights prior to your sleep study, follow your normal sleep / wake routine.

What to expect:

- *This procedure will not hurt (no needles are involved).*
- *You will have a private room and you can get up to use the restroom at any time.*
- Upon arrival, you will need to complete a brief questionnaire.
- One of our caring staff will measure and then place electrodes (small wires) on your scalp, which will record your EEG (brain activity). This will allow your physician to determine the quality of your sleep.
- Electrodes will be placed on your temple and cheek to monitor eye movements, which indicate REM or dream sleep.
- Two electrodes will be placed on either side of your chin, which will measure muscle tension.
- A small sensor will be placed in front of your nose, which measures your breathing throughout the night. This will let us know if you have sleep apnea (pauses in your breathing while asleep).
- Two soft bands are placed around your chest and abdomen to measure your effort to breathe.
- A small sensor will be placed on one of your fingers to measure your blood oxygen level.
- Electrodes will be placed on each leg to monitor leg movements that may disrupt your sleep.
- We know that this sounds like a lot, but the monitors are lightweight and you can shift positions while you sleep.

Sleep Better.

972.506.7800

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