

I am getting a sleep study... now what?



Answers to common Questions...

What should I bring?
Where will I sleep?
What should I expect?

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www.sleepmanagement.md

On the day of your sleep study:

- Avoid caffeine after 12:00 p.m.
- Do not nap.
- Wash your hair with shampoo only.
- Dry your hair and do not apply hair product. If you do not have a beard, please be clean-shaven.
- Take medication as usual but make sure your sleep physician knows since certain medications can affect sleep.
- Maintain your usual activity level and daily schedule. Do not begin any new exercise program.
- Do not bring any valuables. We do not accept responsibility for personal items.
- Do not drink alcohol unless approved prior to your study.
- If you are ill on day of study, please contact the sleep center.

Where will I sleep?

Many people expect the sleep center to look sterile and impersonal like a hospital room. In fact the bedrooms and surroundings are very relaxing and comfortable. You will have your own private bathroom and cable television.



Cancellation Policy

If you are unable to keep your appointment, please give as much advanced notice as possible to assure the room and staff are reallocated for other patients waiting to be scheduled.

Please call the office at least 24 hours prior to your scheduled test to cancel or reschedule. A \$50 fee will be charged if you cancel after 12:00PM but before 5:00PM the day of the study. A \$100 fee will be charged if you leave a message to cancel after 5:00PM the day of the study. If you no-show for your study, a \$150 fee will be charged to your account.

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Your sleep study night check list and itinerary: (Estimated times- if times need to adjusted, please let staff know.)

What do I bring to an overnight study?

- Pack an overnight bag, as you would for an overnight stay at a hotel
- Medication you need at night or morning, including aspirin and ibuprofen.
- Comfortable pajama pants and shirt. Electrodes will be placed on several areas of your body and head prior to bedtime.
- We will provide you with pillows and blankets.
- Books, magazines, cell phone or laptop– Internet connection not available.
- Night items such as toothbrush
- Any snacks and decaffeinated beverages.
- Morning toiletries such as a hair dryer.
- If you are currently using C-PAP or Bi-Level therapy, please bring the unit on the night of your study.

If you have special needs, advise sleep center personnel so they can accommodate you.

Sleep Study Itinerary

Arrive 8:00PM

When you arrive, please have a seat in the waiting room. The technician will be out shortly.



If you anticipate arriving late, please call the office and notify the staff.

Pre- Study 8:00PM – 11:00PM

The technician will show you to your bedroom for the night and acquaint you with the equipment that will be used. At this point you will have the chance to change into night clothes and watch television or read.

At some point in these hours, the technician will apply several electrodes to specific locations of your body using a special paste and medical tape. These electrodes are needed to monitor brain waves, muscle, eye and leg movements, breathing through your mouth and nose, snoring and heart rate. Flexible elastic belts around your chest and abdomen measure your breathing and a clip on your finger monitors your body's oxygen levels.

The technician will prep your skin for the electrodes with alcohol and mild abrasive. If you are allergic to these items, please let the technician know. Additional sensors are applied to monitor your breathing, snoring and oxygen level. The electrodes may feel strange on your skin at first, but most people do not find them to be an obstacle to falling asleep.

During the night 11:00PM – 6:00AM

These are the hours your sleep will be monitored. We know your sleep in the center may not be exactly like your sleep at home. This usually does not interfere with obtaining the necessary information from your sleep study in order to arrive at an accurate diagnosis.

Do not worry if you will fall asleep or not. Most patients fall asleep quickly. If necessary sleep medication may be offered to patients who have significant difficulty falling asleep.

The technicians will remain awake monitoring your sleep from a separate room assuring your safety. The electrode wires are gathered to allow you to roll and change positions comfortably.

If you need to use the bathroom during the night, do not worry. The wires attached to you are gathered to allow the technician to quickly accommodate you.

Morning 6:00AM

The technician will wake you up when the study is completed. At that time the electrodes will be removed and you will have the opportunity to shower and get ready for work. Shampooing is required to remove all electrode gel used in your hair. This is usually completed by 7:00AM. Once the post-sleep study paperwork is completed you may leave. The technician cannot relay any findings of the study to you in the morning.



If you need to wake up earlier, let the technician know and they will make sure this happens.

At this point, congratulations, you made it through a sleep study!

What about meals?

If you require daytime monitoring (Multiple Sleep Latency Test), we will provide your breakfast and lunch. If your monitoring is overnight only, a meal will not be provided when you leave in the morning.

What happens after your study?

Board Registered Sleep Technologists will review the data from your sleep study and a Board Certified Sleep Physician then interprets the data.

If you do not already have a follow-up visit with your sleep physician, please call the office to schedule one after your sleep study.