



## What to expect of your sleep study

If you are scheduled for an overnight sleep study, take your medication as usual on the day of your study, eat as you normally would, and avoid taking a nap or having caffeine after 2 p.m.

### What to Bring

- ∞ Something comfortable to sleep in, such as pajamas or sweatpants and a T-shirt
- ∞ A favorite pillow if you wish (there will be two pillows provided on each bed)
- ∞ Something to read in bed before you go to sleep
- ∞ A small fan if you like to sleep with a fan going
- ∞ Personal hygiene items
- ∞ **Medical Insurance Card**

You should leave valuables such as jewelry and large sums of cash at home.

### When You Arrive

You will be given an available time, 8:30, 9:15 or 10:00. Once you arrive for your appointment you will be asked to fill out some paper work.

A sleep technician will attach small electrodes to your skin and scalp, held in place by removable gel and tape. This may take up to an hour. You will then be able to lie down and watch television, read or relax until bedtime.

- ∞ Linens are provided.
- ∞ Your spouse may visit until bedtime, or special circumstances stay overnight; arrangements should be made ahead. Children or pets are not permitted to stay with you during your overnight.
- ∞ Smoking is not permitted in the facility.
- ∞ Facilities accessible to persons with disabilities are provided.

### During the Sleep Study

When you are in bed, the electrodes are connected to recording equipment. The sleep study is conducted while you sleep. Information is usually gathered for six hours.

- ∞ You will have your own bedroom.
- ∞ A call button is provided in each room in the event you require immediate assistance.

### After the Sleep Study

The usual wake-up time is 6 a.m. However, if you require to be woken earlier please let us know. The electrodes are removed in the morning, and you can then go home.