

1. What should I remember to bring?

You must sleep in some type of sleepwear, sport shorts, t-shirt. Cotton clothing is best. If you forget to bring sleep clothing, we will give you a set of scrubs to wear. Remember to bring:

- Your completed questionnaire
- Current insurance card
- Any medication that you need.
- You are welcome to bring a pillow from home
- If you prefer a light snack before bed, please bring that.

2. Is there anything I should do to prepare for the night of the study?

- a. Do not stop taking any medications, unless specifically requested by your health care provider. If your health care provider has ordered a nasal spray, use it before you come in or bring it with you.
- b. No caffeine or alcohol after 2:00 p.m. unless a sleep center doctor advises otherwise.
- c. Bathe and wash your hair before the sleep study. Do not use hair cream, moisturizers, rinses, oils, sprays, or makeup on your skin.
- d. Men: if you are usually clean-shaven, please shave before you come in.
- e. Women: Remove acrylic nails or dark fingernail polish.

3. Will I be able to sleep?

Most patients are able to sleep quite well. You may go to the restroom during the night.

4. Can someone from my family stay?

Unfortunately, family members are not allowed to stay with you during the actual testing. The set-up preparation of the testing takes an hour, and family members are welcome to be with you during this time only. NO PETS are allowed. If you have special needs and would need assistance, please let us know so arrangements can be made.

5. Should I stop taking my medication, or can I bring the medication to the sleep center?

Do not stop taking any medication, unless specifically requested by your health care provider. Please be sure to bring all medications that you need with you and keep them in their original labeled container. You will need to notify the technician that you have the medication and when you will self-administer it. Please do not bring any dietary supplements. Supplements cannot be administered in the center. Please take those at home before you come.

6. How long does a study last?

The study lasts approximately 8 hours. You will have completed the study by 6:30 or 7:00 in the morning. Unless directed by a sleep doctor, you will not sleep later than that. Generally, the study itself is a very relaxed easy test. Every effort will be made to

assure that you are comfortable and at ease with the surroundings. The study is typically divided into four parts:

- a. Preparation - This takes about an hour. The technician will attach many sensors to your head, chest, arms, and legs. During this time, the technician will explain the test to you, and answer any questions you may have.
- b. Lights out - We like people in bed between 10-11pm. Up until that time, you may watch TV, read or use your computer to help you relax. After that time, the TV is turned off and the continued use of computers and cell phones is discouraged.
- c. Diagnostic phase - The technician will monitor your breathing patterns while you sleep. You may be asked to change sleeping positions so that a thorough study can be completed.
- d. CPAP trial phase - If the technician has observed and documented enough events to diagnose obstructive sleep apnea, they will wake you to place a CPAP mask and will adjust the CPAP settings to best treat you.

7. When do I get my results?

Please make a follow up appointment with the health care provider that ordered the test for you, or as directed by that provider. They may have asked that a follow up appointment be with a sleep specialist. In general, that appointment should be two weeks after your test, unless otherwise directed by you provider.

8. Does my insurance cover the test?

Every person has their own individual insurance plan and a deductible. For this reason, you will need to call your insurance company to find out if the sleep study will be covered. Call the number on the back of your insurance card.

