



Sleep Study Information

PERSONAL HYGIENE

Electrodes will be placed on your head and body. For them to remain in place and function properly, your skin must be clean and dry. Please do not apply any skin moisturizers, creams or oils. Your hair also must be clean and dry. After shampooing your hair, do not apply any hairdressing such as hair spray, mousse, gel, oil or cream. Shower facilities will be available for you to use after testing is completed. Please bring your own toiletry items such as soap, shampoo, conditioner, hair dryer, deodorant, toothbrush and toothpaste. Towels and washcloths will be provided.

BED CLOTHES

Women: Please wear loose fitting pajamas with buttons down the front, or a button-down shirt with sweat pants or shorts. Avoid wearing any revealing clothing, as others are often present. Do not wear one-piece gowns, jumpsuits, tight garments or anything silky or slippery.

Men: Please wear either pajamas or a t-shirt and shorts or sweat pants. **UNDERCLOTHES ALONE ARE NOT ACCEPTABLE.**

OTHER INFORMATION:

- Bring your Insurance Card(s) and photo ID. You will need to bring your co-payment, as determined by your insurance company.
- Please leave all other valuables at home.
- Bring your own pillow(s) if you feel that you will sleep better with them.
- Bring all sleep logs, diaries and questionnaires with you.
- Do not take any naps during the day of your sleep study.
- **Sunday night patients:** Please show up at your specified time of arrival. If the doors are locked, please wait by the door and a sleep technician will be with you shortly.
- Do not bring an alarm clock or watch with you, you will not be permitted to observe the time while in bed.
- Eat a full, regular meal before arriving at the Sleep Center. On the day of your sleep study, avoid eating or drinking any caffeine, including coffee, tea, sodas and chocolate, especially in the afternoon.
- The Sleep Center does not provide meals. You may bring your own snacks and beverages as long as they are caffeine free. Patients having daytime studies (MSLTs and MWTs) may bring lunch or have some one deliver it to you at the sleep center.
- If someone is picking you up in the morning, he or she should arrive at the Sleep Center between 6:00am and 6:30am.
- Daytime (MSLT, MWT) patients should be prepared to stay the evening and the following day until 5:00pm.
- Please continue to take your medications as prescribed unless you are instructed to do otherwise. When you come to the Sleep Center you should bring:
 - Any medications you might need during your stay.
 - A list of all medications, or the medications themselves, especially if you are diabetic, have a heart condition, or high blood pressure. NO medicine will be provided unless ordered by a doctor.
 - The times you took your medication(s) on the day of your sleep study