

SLEEP STUDY (Polysomnogram) PREPARATIONS

AVOID ON THE DAY OF YOUR STUDY:

- Avoid alcohol.
- Avoid napping during the day.
- Avoid caffeine after noon (12:00pm): No coffee, tea, pop, chocolate, herbal teas or decaffeinated coffee.
- Avoid wearing dark nail polish and file down extra long nails (over 1-inch).
- Do not bring any linens, pillows, blankets or large Bags with you into the clinic. (Sanitary Precaution). You will be asked to put these items back into your car if brought in with you.

You can eat dinner as normal before coming in for your overnight test.

WHAT TO BRING WITH YOU:

- Please come dressed ready to go straight to bed. Preferably something you are comfortable in and something you are comfortable with others seeing you in if you happen to leave your bedroom.
- Bring your health card (ensure it is not expired).
- A current list of your medications.
- Any medications you need to take before going to bed or in the morning.
- If you are already on PAP therapy, please bring your mask and your hose.
- Toiletries if you plan on taking a shower in the morning (toothbrush, toothpaste, towel, shampoo, conditioner, soap, etc).
- Water bottle or juice to sip throughout the night. (Clinic has a water cooler to refill bottles)
- Phone, electronic device, or book to occupy your time while waiting for the technician to set you up. (We do have free Wi-Fi)

ABOUT YOUR TEST:

- You are asked to arrive at 8 to 8:30pm due to set up time for each patient (30 to 45 minutes/patient).
- The technician will register you and get you set-up with a room and there will be some paperwork to fill out and there will be a consent form for you to sign. (You have your own separate bedroom).
- Technician will be applying wires to your scalp (parting in-between your hair), face, chest, and legs. **Tight hair weaves will have to be loosened.**
- Throughout the night it may become necessary for the technician to re-apply any wire(s) that may become dislodged during sleep, although we will make every effort to ensure that this is kept to a minimum.
- Lights out (bedtime) are between 10pm-11pm. Technicians will wake you up around 5am.
- We do provide extra blankets, pillows, fan, heater if needed. DO NOT bring your own.
- Clinic, bedrooms, comforters, and linens are sanitized each day.
- If you need to leave early, please notify your technician before the test begins.

****PLEASE NOTE****

***We do require 48 business hours (Mon-Fri) to cancel or rebook an overnight test or there is a CHARGE OF \$200.00.**

***No taking pictures within the facility.**

***Clinic closes at 6:30am. Please ensure you have a ride or plan accordingly.**

***Phone calls are answered Monday – Friday from 8am to 5pm. Please leave a voicemail or email us.**

Date of over-night study: _____