



FREQUENTLY ASKED QUESTIONS

WILL I HAVE MY OWN ROOM?

You will have your own suite with a private bathroom, shower and toiletries. You will also have a television with premium cable channels.

WHAT IF I NEED TO WAKE EARLY FOR WORK OR PERSONAL REASONS?

If you need to wake early for any reason, please notify your technologist before your test begins.

WHAT SHOULD I BRING?

Feel free to bring anything that will make your suite familiar and your own for the night. Although pillows are provided, you may wish to bring your own. Bring your favorite blanket or even a picture of your family to place next to your bed. Because we want your stay with us to be as comfortable as a night in your own bedroom, please bring or wear loose, comfortable clothing for sleeping. Please also remember to bring current copies of your insurance cards, drivers license or picture ID.

DO I TAKE MY MEDICATIONS?

Take all of your regular medications on the day of your study unless otherwise specified by your doctor. Please remember to bring any medications that you usually take before bedtime or when you wake in the morning. We are an outpatient facility and do not have access to medications.

CAN I BRING A DRINK OR SNACK?

Please eat dinner before your arrive at the Sleep Center. You may bring your own snacks. Coffee, tea and juice will be provided in the morning.

HOW DOES A SLEEP STUDY WORK?

Once it is time to begin the study, you will be connected to approximately 20 small wires, which are held in place with tape and other adhesives. This takes approximately 25 minutes. All of these sensors help us measure your brain activity, heart rate, breathing patterns and oxygen levels. This is a non-invasive procedure and no needles are used in this process.

WILL I BE ABLE TO SLEEP WITH ALL THOSE WIRES ON ME?

Most patients say that once all the wires are on, they forget about them and have very little trouble sleeping. The wires are very small and organized. You have full range motion in your bed and may sleep in any position.

CAN MY SPOUSE COME?

Your friends and family members are welcome to stay until we put you to bed and begin your sleep study.