



SLEEP STUDY INFORMATION SHEET

OVERNIGHT SLEEP STUDY

A polysomnogram is a recording during sleep that uses brain activity and other physiologic measures to evaluate sleep disorders. Patients usually come to the laboratory in the evening and stay overnight for continuous monitoring. Studies are usually complete by 6:00 a.m.

A technologist records various information for interpretation by our sleep medicine expert. The test is used to help evaluate patients who experience excessive sleepiness during the day or who have trouble falling or staying asleep at night. A very common sleep disorder is sleep apnea.

BEFORE YOUR APPOINTMENT

Please let us know if you have any special needs, particularly medications, pulmonary treatments, supplemental oxygen, difficulty walking, or getting in and out of bed. If you are not self-sufficient and/or require a caretaker or family member for assistance, please inform the Sleep Center so proper arrangements can be made.

HOW TO PREPARE FOR YOUR SLEEP STUDY

- : **Please complete the questionnaires enclosed and bring them with you to the Sleep Center.**
- : Please have your hair washed and free of all hairsprays and oils.
- : Try to follow your normal routine – no excessive exercise, stress or eating, among others.
- : Avoid caffeine and alcohol after 2 p.m. on the day of your study.
- : Take your regular medication as directed by your doctor and **bring all medication you may need during your stay at the Sleep Center.**
- : Prepare an overnight bag including something comfortable to sleep in, all medication, personal hygiene products, pillows, reading material or other items that will help make you feel more at home.

WHAT TO EXPECT WHEN YOU ARRIVE AT THE SLEEP CENTER

- : The sleep technologist will show you to your bedroom. There you will be able to finish any questionnaires and change into your night clothes.
- : The sleep technologist will explain your procedure in great detail and answer all your questions before they begin.
- : The sleep technologist will apply electrodes to your scalp to record brain waves and attach elastic belts to monitor your breathing. Other electrodes are used to monitor eye movements, heart rhythms and leg movements. Although you will be sleeping alone in the bedroom, you will be watched and recorded by the technologist via closed circuit video.

FOLLOWING YOUR SLEEP STUDY

- : You will be finished between 5 and 6:30 a.m., once you have completed morning questionnaires and washed up before leaving.
- : Coffee, tea and juice will be available the morning after your test.
- : A Sleep Center staff doctor will review your study and send a final report to your primary care doctor within five working days of your test. This will include a diagnosis and recommendations for treatment.
- : You will be contacted within one week regarding the results and to make sure you have seen your primary care doctor.