

Patient Instructions for Testing In the Sleep Lab

Your sleep study appointment has been made by Dr. _____ on _____ for 8:00pm.

Location and Check In

All necessary forms will be filled out in the sleep lab; you will not stop at the outpatient department. You will need to arrive between 7:30-8:00 pm. You will park in the outpatient parking and enter at the outpatient entrance. You will come down the hallway to the first set of elevators on the left side and come up the 4th floor; you will go to the left and arrive in the sleep lab. Signs and Directions are posted. You will spend the night in the Sleep Lab at the hospital.

Preparation and Testing

This is necessary to monitor “the way you sleep”. There will be electrodes placed on your head, face, chest, and legs. An elastic belt will be placed around your chest and waist. Nasal tubing, similar to oxygen tubing is used to monitor breathing. A very small light probe will be placed on your finger.

All of these are very important and enable us to monitor your:

- Oxygen level
- Eye movement
- Airflow from your nose and mouth
- Snoring
- Brain waves
- Leg movement
- EKG (heart)

This is very **important**, please make sure that you do **NOT** take any naps or drink any caffeine the day of the test.

Make sure that your hair is clean and free from oils, gels, or sprays.

You can bring something to sleep in, a T-shirt and shorts or pajamas.

No silk, satin, or nylon, these cause static and interfere with the study.

If you have a favorite pillow, feel free to bring it. You should eat dinner prior to arriving at the sleep lab.

Please remove all nail polish if possible; this will interfere with the oxygen sensor on the finger.

You will need to bring a list of all your medications and take your medications as normal unless your doctor tells you differently.

Your technician will be outside of your room with the physician a phone call away.

There are Televisions in your room, with full size beds to make you feel more comfortable.

There are no telephones in the rooms and we ask that you turn off your cell phones.

Lights out is normally between 10:00 and 11:00pm if your bedtime is earlier or later please let the technician know.

Drinks and snacks are provided.

Ending Your Study

Patients are typically awakened in the mornings between 05:00-06:00am, unless alternative arrangements have been made. All sensors are removed. Showers are available. You can shower and prepare to go to work the morning after your test. Please let your technician know on arrival to the sleep lab, if you will need a shower before leaving the sleep lab. You will be ready to leave between 06:00-06:30am

If you are unable to keep your appointment please notify us in 24hours in advance.

All of our staff will make your stay with us as pleasant as possible, so don't be nervous. If you have any questions, feel free to contact us at (252)-535-8941 or fax (252)-535-8942. Technicians are available between 8:30-4:30pm and after 7:30pm.