

Diagnostic Sleep Study Instructions

Description of Testing:

For a diagnostic sleep study done in our office, you will spend the night in a private room. You will be asked to arrive at 9:00 OR 10:00 pm on the night of your test. The sleep lab is located in our office at 65 N. 14th Street. Please enter and leave through the back door.

Upon arrival the technician will use an exfoliate scrub on the areas of skin to which the sensors will be attached, and will rub on a paste for holding dime-sized sensors (electrodes) to your scalp, face, neck, chest, and legs to check your brain, heart, lungs, and muscle movements. The hookup is a painless process. Elastic bands are placed around your chest and abdomen to measure airflow and chest movement. A device is put on one of your fingers to record the oxygen level in your blood.

As you sleep, your measurements will be digitally recorded by the technician who will be continuously monitoring your sleep in a separate room throughout the night. The sensors all connect to a belt around your waist for easy removal. If you awaken at night and want to go to the bathroom, they detach easily from the equipment. The technician will be available to assist you at any time, and you can both communicate through a speaker located by the bedside. The recording will end at 6:00 am, at which time the technician will awaken you and take off your sensors.

There are a few things we ask all of our patients to do prior to the study:

- 1) No consumption of alcohol or caffeine 4 hours prior to the test
- 2) Please shower and wash your hair prior to the test – the sensors will not hold if there is the presence of lotion, oils, hairspray, or make-up
- 3) Bring loose fitting pajamas or nightclothes with you.
- 4) Although complete bedding is provided, you may bring a favorite pillow or blanket
- 5) If you drink water during the evening, it will be provided

If you have any questions about the procedure, please feel free to call us prior to the study or speak to the technician upon your arrival. Our staff will do everything possible to make you comfortable prior to and during your stay at our Sleep Lab. Please keep in mind, however, that the technician is not at liberty to discuss your test results or make treatment recommendations.