

Patient Instructions for Overnight Sleep Study

Your sleep study will be conducted at the Sleep Medicine Associates sleep facility located on the second level of the practice's main office building, 7307 Columbia Street on Evansville's east side. You will be asked to arrive at the sleep center at 7:30 pm, unless other arrangements have been made in advance. You may be dropped off at the main office entrance, or may park your car in the parking lot. An intercom to the right of the main entrance doors will enable you to communicate with one of the sleep technicians in the sleep center who will confirm your identity and direct you to the lab.

You need to bring the following items with you for your sleep study:

- Insurance card(s)
- Driver's License
- Pajamas or sleep clothes (preferably two-piece pajamas or jogging shorts and t-shirt)
- Toiletries that you will need after your study
- Any items that you routinely use at bedtime, such as your favorite pillow
- A *current list* of the medications that you take (if any)
- **All medications that you will need to take during your study** (*the sleep center staff will not be able to supply you with, or obtain any medications for you*)
- Any clothing that you might want to change into prior to leaving the center

Preparing for your sleep study:

- Avoid sleeping or napping during the day of your sleep study
- Avoid caffeine (coffee, tea, cola drinks, chocolate) after noon the day of your sleep study
- Please bathe or shower before you come for your study
- Please shampoo your hair before you come for your study; ***please do not put any conditioners, hair spray, or styling products in your hair***

When you arrive for your sleep study:

1. Please arrive at the Sleep Medicine Associates sleep center at **7:30 pm** (Evansville time, or Central Standard Time) on the night of your study. It is important that you arrive on time for pre-study activities, however there is no need to arrive prior to 7:30 pm.
2. Identify yourself to a sleep center technician using the intercom located to the right of the office building's front entrance doors. The technician will verify that you are scheduled to have a study, and will let you in the building, and direct you to the second level where the sleep center is located.
3. A technician will greet you when you arrive at the sleep center, and will escort you to your bedroom.
4. **SMOKING IS NOT ALLOWED IN THE OFFICE BUILDING, SLEEP CENTER FACILITIES, OR ANYWHERE IN THE PATIENT BEDROOMS.**
5. Once you have had a chance to change into your pajamas or nightclothes, the technician will prepare you for the study ("hook-up"). This involves applying electrodes to your scalp, near your eyes, under your chin and on your chest and legs. Additional monitoring belts and leads will also be placed. The proper application of these electrodes and

sensors is critical for obtaining the information needed to evaluate your sleep, and diagnose a sleep disorder.

6. After the hook-up is completed, you will be given an opportunity to relax in your room until it is time to begin your study. The starting time of the study should correspond to your typical bedtime. You will need to give the technician any special wake-up instructions for the morning following your study, keeping in mind that it will take approximately 10 to 15 minutes to remove the electrodes and sensors used during your study. **Please remember that you must be ready to leave the sleep center no later than 7:00 am.**
7. A complimentary breakfast snack is available after you check out of the sleep center with your belongings.