

FAMILY SLEEP DIAGNOSTICS

SAVING LIVES AND MARRIAGES

HOW TO PREPARE FOR YOUR OVERNIGHT STUDY

WHAT TO DO ON THE DAY OF YOUR STUDY:

- Avoid napping, if at all possible.
- Wash your hair on the day of your study and avoid using oils, gels, hairspray and skin lotions.
- Eat dinner before coming to the Sleep Center (bring a snack if you need one prior to bedtime).
- Avoid drinking alcoholic beverages and caffeine after 12:00 p.m. on the day of your sleep study.
- Take medications as normal, unless otherwise instructed by your physician.
- On the 3 days / nights prior to your sleep study, follow your normal sleep / wake routine.

WHAT TO BRING WITH YOU:

- Something comfortable to sleep in (preferably cotton, two-piece pajamas), a robe, slippers or anything that would make your stay more comfortable. Many patients sleep better when they bring their own pillow.
- Medications that you normally take or a list with the medications and dosages included. Bring any over the counter medications that you may need to take during the night, such as Tylenol, heartburn medications, sleeping aids, etc...
- Completed questionnaires or paperwork that you may have received from the Sleep Center.
- Your driver's license and insurance card.

WHAT TO EXPECT:

- Upon arrival, you will need to complete a brief questionnaire.
- This procedure will not hurt (no needles are involved).
- You will have a private room with cable TV and you can get up to use the rest room at any time.
- One of our caring staff will measure and then, using adhesive paste, place electrodes (small wires) on your scalp which will record your EEG (brain activity). This will allow your physician to determine the quality of your sleep.
- Electrodes will be placed on your temples and cheeks to monitor eye movements, which indicate REM or dream sleep.
- Two electrodes will be placed on either side of your chin, which will measure muscle tension.
- A small sensor will be placed in front of your nose, which measures your breathing throughout the night. This will let us know if you have sleep apnea (pauses in your breathing while asleep).
- A soft band will be placed around your chest and one placed around your abdomen to measure your effort to breathe.
- A small sensor will be placed on one of your fingers to measure your blood oxygen level.
- Electrodes will be placed on each leg to monitor leg movements that may disrupt your sleep.
- We know that this sounds like a lot but the monitors are lightweight and you can shift positions while you sleep. Virtually all patients are able to sleep with the monitors in place.
- Lights out is approximately 10:30 p.m., testing should be completed by 5 a.m.
- A highly qualified sleep technician will be monitoring you throughout the night. Should you need anything during the night, the technician is there to assist you.

If you have any questions regarding your sleep study, please do not hesitate to call us at **972-714-0011** or go to our website at www.familysleepdiagnostics.com