

# Mid Ohio Sleep Center, Inc.



Accredited Sleep Center  
American Academy of Sleep Medicine

## Everything You Need to Know About Your Sleep Study

### ***Before You Arrive....***

#### ***You can help ensure a successful study!***

- For the electrodes to work properly they need to be applied to clean, dry skin. We ask that you shower and wash your hair before you arrive. Please do not apply any hair products including spray, cream rinses or relaxers. Braids and weaves need to be removed.
- Please do not use any skin lotions
- 24 hours prior to your study please do not have any caffeine or alcohol. (Unless directed by the physician).
- Please be sure to eat dinner before arriving at the Sleep Center.
- Women – please remove fingernail polish or acrylic nails from index fingers prior to arrival. You will be asked to remove all makeup after you arrive.
- Men – We do request that you are clean shaven (but we can accommodate beards).
- Shower facilities are available after your testing is completed.

### ***What you can bring to the sleep center....***

- Nightwear, personal toiletries & pillow. (No silk or satin pajamas please)
- Any medications you are scheduled to take during your stay at the Sleep Center.
- If you currently use oxygen, please bring enough for your trip to and from the sleep center. Oxygen will be provided during your stay.
- Our patient lounge offers a TV but you may wish to bring something to read or a craft.
- You may bring your laptop computer although no internet connections are available.

### ***Please Do Not Bring....***

- Any valuables or alarm clocks
- We ask that if you bring a cell phone or pager, leave it with your technologist. (You will be notified if there is an emergency)
- Food or Beverage (Refreshments and light snack will be made available to you.)

### **Once You Arrive...**

- Your technologist will greet you and give you a tour of the sleep center.
- You will be shown to your room and asked to change into your nightwear. There will also be a small amount of paperwork for you to complete.
- Your technologist will apply electrodes to your head, face, chest and legs. Your technologist will explain this process prior to the application, please feel free to ask any questions. The electrodes do not generate any current, they simply record electrical activity. This process will not hurt and the electrode paste is water soluble.
- After the initial electrodes have been applied you may have time to relax and watch TV or read.
- We will do our best to keep your bedtime as close to your normal bedtime, if possible.
- Your technologist will be nearby and monitoring your room throughout the night. There will be an intercom located in your room, the technologist will be able to hear and assist you.
- Patients need to stay in bed for 6-8 hours. Your technologist will wake you between 6:00 or 6:30am. Please make your technologist aware when you arrive if you need to wake earlier.
- We ask that you do not have visitors during your stay at the sleep center, but special arrangements can be made if needed.

**PLEASE FEEL FREE TO ASK YOUR TECHNOLOGIST IF YOU HAVE ANY QUESTIONS OR CONCERNS DURING YOUR STAY AT THE SLEEP CENTER !**

### **If You Have Additional Daytime Testing...**

- During the daytime testing you will have five naps at scheduled times: 8am, 10am, 12pm, 2pm, and 4pm.
- The purpose of these naps is to help us determine how sleepy you are during the daytime.
- You will be asked to rest in your private room during these times.
- During your daytime study you can change into your casual clothes.
- When you are not napping you will be able to watch TV, read, etc.
- Breakfast and lunch will be provided to you.
- **Please notify your technologist if you have any special dietary needs.**

### **You will be able to go home when...**

- Upon completion of your study your technologist will remove all of the monitoring devices.
- You will have a small amount of paperwork to complete.

### **If You Need to Come Back For A Second Night...**

- Depending on the results of your sleep study, you may be asked to return for a second night's stay.
- This night will be similar to your first night.
- During this study you will be evaluated while wearing CPAP (Continuous Positive Airway Pressure)

### **The Results of Your Study...**

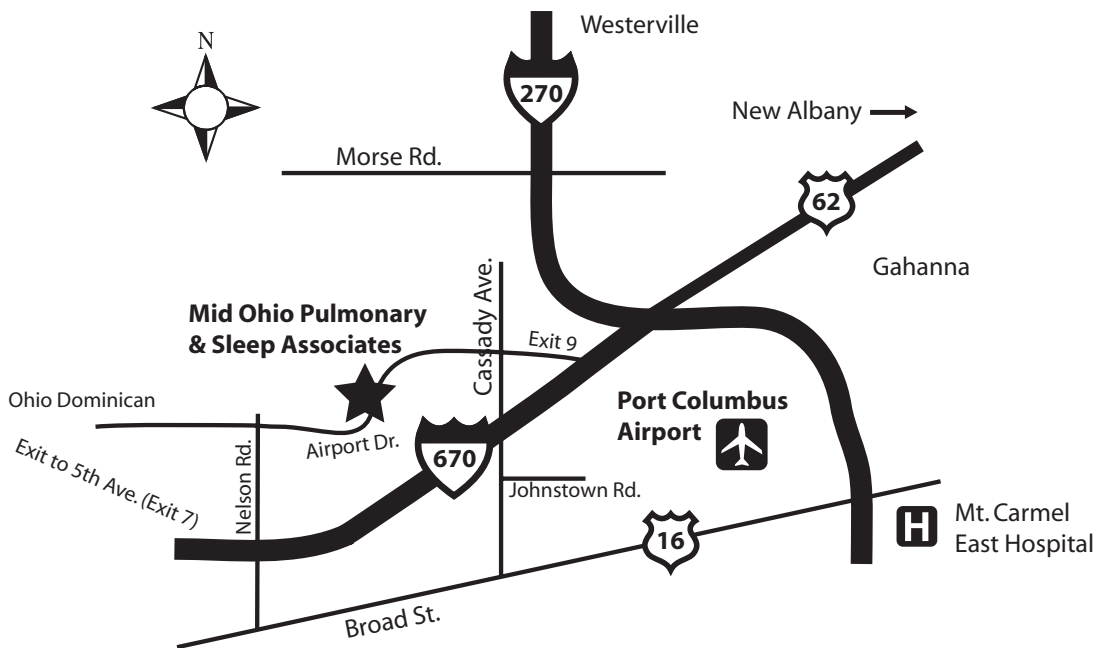
- You will be contacted regarding the results of your study and/or they will be given to you during your follow-up appointment. If you do not have a follow-up appointment, please contact our office. Your physician will review the final report and treatment recommendations. A summary of the test results will be sent to you referring physician.

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### **Directions:**



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