



## What to Expect During Your Sleep Study

### Preparing for your sleep study

There are several things to be aware of as you prepare for your sleep study. Following these instructions will help to ensure clear, accurate results.

- Bathe or shower before you arrive for your study.
- Men, please be clean-shaven unless you have a beard or mustache. If you are not clean shaven you will be asked to shave by your technician.
- Please do not use any hairsprays, hair gels, face makeup, perfumes, colognes, or body lotions.
- Make sure to bring everything you would normally take to spend the night away from home.
- Pajamas are required. Men may wear shorts.
- On the day of your test, arrive tired.
  - Smoking and caffeinated beverages are prohibited, and napping is discouraged.

We will do our best to make you feel at ease. The sleep lab professionals are present in an adjacent room and are able to answer questions or assist you with trips to the bathroom etc., during the night.

We encourage you to bring items from home that might help you relax.

### Patient Checklist

*Please bring the following:*

- ✓ Comfortable Sleepwear (No rayon, satin or silky material)
- ✓ Favorite pillow or blanket, if you choose although bedding and pillows are provided
- ✓ Toothbrush, toothpaste, comb or brush
- ✓ Clothes to wear home
- ✓ Your medications including any sleep medications you normally take at home. (No medications can be given out by the Sleep Lab staff)
- ✓ Reading material, Kindles or tablets
- ✓ Interpreter if English is not your primary language

### Arrival & Testing

It is not necessary for you to arrive any earlier than your scheduled appointment time. When you arrive at the sleep lab, a sleep technician will greet you. You will then be shown the sleep recording equipment, given a chance to ask questions, and get ready for bed as you do at home.

In order to evaluate your sleep, it is important to examine what's happening to your brain, your heart, your breathing, and your legs while you are sleeping. For most patients, the initial sleep study performed is called a diagnostic polysomnogram (PSG). It is used to diagnose a variety of sleep disorders including sleep apnea and leg kicking. A video monitor in your room records any unusual movements or parasomnias and recordings are only kept when significant abnormalities are seen.



### **Arrival & Testing (continued)**

Your body's activities will be monitored by sensors that are applied to your head and skin by paste, tape or another adhesive. These sensors measure brainwave activity, eye movement, and limb movement which are then used to determine stages of sleep, the quality of sleep, and the causes for disturbances and/or awakenings that you might experience. Flexible belts around your chest and abdomen and sensors at your mouth and nose monitor your breathing. An oximeter on your finger measures the level of oxygen in your blood and your heart rate. A microphone records any snoring. None of these devices are painful and each is designed to be as comfortable as possible. All of the electrode wires are gathered together so that you may change positions almost as easily as you would at home.

### **Results**

Technicians are not permitted to discuss your study results with you. The sleep study, its analysis and interpretation are a complex process. Your results will be forwarded to your physician, and in many cases you will be referred to our Sleep Medicine physician for further evaluation and management.

Your overnight sleep study is scheduled for:

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Location: 6010 Hidden Valley Road, Suite 200**  
**Carlsbad, CA 92011**

Please enter through the main lobby at the west facing door. We are located upstairs. Please follow the signs to the sleep center.

In the morning, you will be awakened between 5:00 AM and 5:30 AM and should be ready to go home around 6:00 AM. If you are unable to keep this appointment or have questions, we can be reached at **(760) 631-3000** Monday – Friday from 8:30am – 4:30pm. The Sleep Technologists can be reached at **(760) 487-0328** Monday – Saturday after normal business hours from 7:00pm – 7:00am.

**\*A \$200.00 late cancellation fee will be applied if you do not contact us 24 hours in advance of your appointment to cancel or reschedule your sleep study.**