Sleep Study

Patient Instructions

A sleep study, or polysomnogram, is a recording that classifies different sleep stages and identifies various sleep problems.

When you arrive at the Sleep Center, you will be greeted by the sleep technician and shown to your bedroom. You will be shown the equipment and given a chance to ask questions. You will be given time to change into your nightclothes and get ready for bed as you do at home. You will not be allowed to smoke cigarettes while in the Sleep Center.

Before you go to sleep, electrodes will be placed on your head and body to record brain waves, muscle activity, leg movements, heart beat and breathing. This isn't painful and doesn't hamper movement during sleep.

You may read, watch TV or relax before “lights out” at 10:00 p.m. The TV will be shut off at this time.

The sleep technician will monitor your night. If a breathing problem is observed during your study, the technician may awaken you to try a device that treats breathing problems during sleep. This device is called CPAP. If this is a possibility for you, you will be informed before you go to bed, and the use and purpose of the device will be explained.

If you currently wear CPAP, bring your mask, headgear and tubing with you.

“Lights on” will be at 5:00 a.m. at which time you will be awakened. There is a private bathroom with a shower in each bedroom. You should be dressed and ready to leave the Sleep Center between 5:30 a.m. and 6:00 a.m. If someone will be picking you up, instruct them to be here between 5:30 a.m. and 6:00 a.m.

You should have a follow-up visit with your health care provider to discuss the results and recommendations for treatment. This appointment will need to be scheduled once the sleep study results are available.

What preparations are required?

- Please let someone at the Sleep Center know if you normally work the night shift and sleep during the day.
- On the day of your sleep study, you may eat as you normally do.
- Avoid caffeine (coffee, tea, chocolate, pop/soda) after 2:00 p.m.
- Try not to nap.
- Wash and dry your hair, and do not apply hair sprays, oils or gels.
- Do not apply lotion or oil to your body or legs.
- Pack an overnight bag, as you would for an overnight stay at a hotel or friend’s house.
- Take your prescription medications unless your health care provider tells you not to.
- Remove fingernail polish from at least one finger.
- Do not take sleeping medications before arriving to the Sleep Center.