Crescent
NEUROLOGY AND SLEEP

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AASM ACCREDITATION

SLEEP STUDY INSTRUCTIONS

Prior to sleep study:

- Shower and wash hair. Do not apply any hair products or apply excessive body creams or oils. Remove any toupee or hair weaves if applicable.
- Remove nail polish from fingernails.
- Have a normal dinner before coming.
- Avoid stimulants and caffeine past 2 PM the night of your study *unless allowed by your doctor.*
- If you have a daytime MSLT, make sure you adhere to the medication instructions advised by your doctor.
- All patients under 18 years old must be accompanied all night by a guardian. If a companion is needed for anyone above 18 years old, please discuss alert us when scheduling.

What to bring:

- Any medications that are needed to be taken during testing time. Bring your emergency medications with you!
- Two-piece pajamas or nightgown, toiletries, a change of clothes, and a cap if you want to wear the next day as the hair may be messy from paste. Avoid bringing valuables. We are not responsible for any lost items.
- Snacks or a specialty food item you may want or need during your stay.
- If a daytime MSLT test is scheduled, you and your one companion will be able to choose a lunch item from our limited menu. We have oatmeal and granola bars for the morning breakfast.
- A lovey to sleep with. It is recommended to bring your own blanket and pillow to maximize comfort.
- Diapers and wipes if needed.

What happens during the test?

- When you arrive at the main building, the front door will be locked. There is a buzzer that you press to alert the technologist that you have arrived. Please patiently wait for a response. Once you indicate your name the door will be unlocked. Walk directly to suite 170 and enter to meet the technologist. The technologist cannot leave the suite if there is a patient on premises.
- You will be brought to your bedroom where you can have a chance to settle down and change.
- You will be seated in a chair to apply the testing equipment. The head will be measured and marked with washable markers. Sensors, called electrodes, will be placed on various locations, including close to the eyes, the chin, and the scalp. These sensors do not hurt. A paste is used to apply them to the scalp. It is easily washable or dissolved with rubbing alcohol the next day. There will also be other sensors on the chest, finger and lower legs (possibly the arms). There will be one belt placed around the chest and one around the abdomen to measure breathing effort. Finally, there will be a cannula that is placed under the nose. Once all equipment is applied, you will go to bed. There is a TV in the room you can watch, but there will be a time when “lights out” will be requested. Turn off your watch and cell phone ring tones and alarms. The accompanying companion should also remain quiet and not talk on the phone during the test. They can text and use a computer after the patient is asleep, but make sure the light is dim and sound is turned off.
- The technologist will monitor the study from a separate room using computers, a video camera and an audio monitor.
- You will be woken up in the morning. Once the sensors are removed, you can change and go home. The results will be given within **7-10 business days after the study**. The technologist is not allowed to discuss the test results with you.