

## **PATIENT INFORMATION FOR SLEEP STUDIES**

Welcome to the Bay Sleep Clinic. If you have any questions regarding your overnight stay after reading the following material, please call our clinic and we will answer any concerns or questions!

### ***Why should I have my sleep recorded?***

Disrupted sleep can disturb daytime activities and some medical problems during sleep pose a risk to your basic health. These parameters are recorded to obtain objective information about the quality of sleep to better define your sleep problem.

### ***What will you measure?***

The most basic test is called a polysomnogram, or PSG. During a PSG test we measure your body functions while you sleep. Tests vary depending on the individual case, and some measurements taken may include:

- Brain waves (EEG)
- Heart Rate (EKG)
- Eye Movements (EOG)
- Limb Movements (EMG)
- Breathing (nasal/oral) and bands around the torso to measure movement
- Blood Oxygen (SpO<sub>2</sub>)
- Esophageal pressure (PES)
- Other functions to possibly measure: CO<sub>2</sub>, Ph, and impotence.

Your technologist can answer questions regarding your prescribed test and the necessary preparations.

**A video recording may be done under certain circumstances.**

### ***Will I be able to sleep?***

Contrary to what you might think, most people sleep well during sleep studies. Body sensors are applied in a manner that will allow you to turn and move during sleep. Generally, you will not be aware of the sensors after they have been on for a short time. Our staff makes the environment as comfortable as possible. If you need to get up and move anytime during the test, your technologist will help you unplug from the equipment.

This is merely a recording of your sleep not a performance test. So, relax and try to make the best of a night out!

## ***What to expect the night of your study?***

We will greet you at your appointment time in the clinic reception area. You will be asked to complete a short package of questionnaires after you have been shown to your room. Your technologist will ask you to change and then will explain the hook up process and answer any additional questions you may have.

After your test is finished, you will be awakened around 6 a.m. You are done!

## ***How to Prepare?***

We will be attaching electrodes to parts of your head, face and body to monitor your sleep. To establish best contact for the electrodes we need your skin and hair to be clean and dry.

- Please shower before coming to your appointment
- Please do not use any hair or body lotions
- Please do not use any makeup

It is very important to follow these instructions. This will allow us to gather the best data from your visit and minimize the chance of having to re-do the test due to electrode contact issues.

## ***What to bring?***

- Nightclothes are a must! Please bring a two-piece set, such as shorts and a t-shirt, or pajamas, or a tracksuit.
- Personal toiletries (toothbrush, comb etc.)
- A snack if you would like something to eat before bed.
- ANY NEEDED MEDICATION!. Do not discontinue any medications prior to study without consulting your physician.
- Any items that will make you feel more at home, such as a special pillow or blanket.
- If you are using a CPAP/BiPAP, please bring your mask with you.
- We provide fully equipped sleeping rooms. You can bring your favorite pillow if that helps you sleep.
- Something to read or to work on before you go to bed. Rooms are equipped with VCR and TV. You may bring your own video tape (no DVD) to watch if you wish.
- You may ask one family member or friends to keep your company until bedtime.

### ***What happens to the study?***

The record of your sleep study will be stored permanently at the sleep clinic. It will be analyzed in detail by a technologist and interpreted by a physician. The information will then be forwarded to your referring physician. You will be contacted as soon as possible with a preliminary impression. Your physician will go over the results of your study with you and explain a possible treatment plan.

## **PLEASE READ!!!!**

### ***Please do not bring valuables to the overnight testing.***

The Bay Sleep Clinic is not responsible for lost or stolen items.

**If you have difficulty staying alert while driving, please make arrangements for transportation to and from the clinic.**

### ***Cancellation Policy***

Please confirm your appointment 48 hours in advance. This includes daytime appointments. **All cancellations must be made 24 hours in advance or a \$150.00 penalty will apply.**

### ***Directions:***

Please see [www.baysleep.com](http://www.baysleep.com) for directions for the clinic you are registered for. Please print and bring a copy of the directions to with you as it may be difficult to contact us on the phone while you are on your way to the clinic.