

## 11 California Locations

Gilroy  
Los Gatos  
Mountain View

Oakland  
Pleasanton  
Salinas  
San Francisco

San Jose  
South San Fran  
Walnut Creek  
Soquel



Business office:

1845 South Winchester Blvd.  
Campbell, CA 95008

[www.baysleep.com](http://www.baysleep.com)

Tel: 1-866-88-SNORE (1-866-887-6673)  
Fax: 1-866-44-APNEA (1-866-442-7632)

### PATIENT INFORMATION FOR SLEEP STUDIES

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

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

Disrupted sleep can disturb daytime activities. Some medical problems during sleep can 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 (PSG)**. During a PSG test, we measure your body functions while you sleep. Tests vary depending on each individual case. Some measurements taken may include:

- Brain waves (Electro-Encephalogram, EEG)
- Heart waves (Electro Cardiogram, EKG)
- Eye movements (Electro-Oculargram, EOG)
- Limb Movements (Electro-Myogram, EMG)
- Breathing (nasal/oral)
- Bands around the torso to measure chest, abdomen movements during breathing
- Sensors on the legs to measure leg movement
- Blood oxygen (Pulse Oximetry: SpO2)
- Sound recordings

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 disconnect you from the equipment.

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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. Hair should be dry and free of styling products
- Please do not use any makeup or heavy facial creams
- Remove any nail polish or acrylic nails on your fingernails
- Avoid having any caffeinated or alcoholic beverages at least 2 hours prior to your appointment

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

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

- A valid form of ID, Insurance Card(s), and some form of payment in case you may have a co-pay
- Nightclothes are a must. Please bring a two-piece set, such as shorts and a t-shirt, or pajamas, or a tracksuit (MUST HAVE A TOP AND A BOTTOM).
- Personal toiletries (toothbrush, toothpaste, comb etc.)
- ANY NEEDED MEDICATION. Do not discontinue any medications prior to study without consulting with your physician.

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- Any items that will make you feel more at home, such as a special pillow or blanket.
- If you are using PAP user, please bring your mask with you.
- Something to read or to work on if you don't sleep right away. Rooms are equipped with DVD players and TVs. You may bring your own DVD to watch if you wish.
- If you are scheduled for a **Multiple Sleep Latency Test (MSLT)** or a **Maintenance of Wakefulness Test (MWT)** which requires you to stay the next day, please remember to bring your breakfast, lunch, and snacks for throughout the day. A microwave and a refrigerator are available for your use. Please note that you are restricted from having any caffeinated beverages during the duration of this appointment. Please bring items to keep you occupied (e.g. books, magazines, DVDs) as you will have plenty of downtime.

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

A record of your sleep study will be permanently stored at Bay 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 notified as soon as your results have been finalized. Your physician will go over the results of your study with you and discuss a possible treatment plan.

### **ADDITIONAL INFORMATION**

- ***Please do not bring valuables to the overnight testing.***
- **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 visit our website [www.baysleep.com](http://www.baysleep.com) for directions to the clinic you are scheduled for. Please print and bring a copy of the directions with you as it may be difficult to contact us on the phone while you are on your way to the clinic.