

Appointment for: _____.

SLEEP STUDY INSTRUCTIONS

It is very important that you follow these instructions the day of your sleep study

Our aim is to provide the best test and evaluation of your sleep. Your cooperation in following these guidelines is sincerely appreciated in order to ensure a successful study. Thank you.

Please arrive **on time** (at the front entrance of the building) for your study. **Please notify us at least 48 business hours in advance if you need to cancel or reschedule your sleep study. Sleep studies that are scheduled on Saturday and Sunday nights must provide notice by the Thursday preceding your appointment. Business days are Monday through Friday (9:00-5:00). There will be a \$300 fee for appointments canceled with less than the required notice. Please call us at 949-679-5510.**

Please Cancel by: _____ at 5:00pm.

ON THE DAY OF THE STUDY:

We need for you to be as fatigued as possible. Please refrain from any stimulants, especially those that promote wakefulness. Otherwise, try to maintain your usual habits and schedule.

1. AVOID ALCOHOLIC BEVERAGES
2. AVOID COFFEE OR ANY OTHER CAFFEINATED BEVERAGES (max 2 cups before noon)
3. AVOID EATING ANYTHING WITH CHOCOLATE
4. AVOID TAKING NAPS OF ANY KIND DURING THE DAY OF YOUR SLEEP STUDY
5. It is recommended that you arrive showered and ready for bed. Shampoo your hair and refrain from using any gel, mousse, or hair spray.
6. Please remove ALL make-up prior to arrival.
7. If you have finger nail polish, artificial nails or gel nail polish please remove on at least one finger (ring, middle or index) prior to arrival so that the sensors will be accurate.

WHAT TO BRING WITH YOU:

1. Bring any toiletries that you may need for the evening and morning before your departure from the Sleep Center.
2. BRING LOOSE FITTING CLOTHING TO WEAR DURING YOUR SLEEP STUDY. Examples include pajamas or sweat pants and a t-shirt. (please try not to bring gowns or one-piece nightwear as the technicians need to place electrodes on legs)
3. IF YOU ARE TAKING ANY MEDICATIONS, BRING THEM WITH YOU AND TAKE THEM AS YOU NORMALLY DO AT HOME (unless otherwise advised by the doctor).
4. If you currently take prescribed sleep medication, PLEASE BRING IT WITH YOU.
5. PLEASE INFORM TECHNICIANS IF YOU ARE GOING TO TAKE A SLEEPING MEDICATION BEFORE YOU TAKE IT.
6. If you sleep better with your own pillow, you are welcome to bring it. THIS IS HIGHLY RECOMMENDED.

GENERAL INFORMATION:

1. Our sleep center is a NON-SMOKING facility.
2. Our sleep center is an out-patient facility. If you require food, medications or attendant care, you must bring it with you.
3. You will be given a private bedroom, complete with a full bath. Noise does travel. If you are sensitive, please ask your technician for a pair of disposable ear plugs or noise reduction machine.

4. THE SLEEP CENTER DOES NOT HAVE ACCOMODATIONS FOR PETS OR GUESTS. (Special arrangements will be made for parents of children having sleep studies.)
5. The technicians will wake you up at approximately 5:00 am which permits a maximum of 1 hour to prepare for discharge. We request that you be ready to leave the Sleep Center no later than 6:00am. If you need additional time to shower and dress, please discuss this with your technician the night before so that an earlier wake up time can be arranged.

SLEEP STUDY PROCEDURE:

1. When you arrive, the technician will explain the procedure to you. An informative video is available if requested. Your technician will apply small sensors to the scalp, face, chest, and legs using a gel like substance. You will have paste and gel in your hair. Elastic sensor belts will be applied to the chest and abdomen. There will be a device placed directly under your nose to sense your breathing. This is a painless procedure and sleeping is usually not a problem. IF YOU HAVE ALLERGIES, PLEASE BRING THEM TO YOUR TECHNICIANS ATTENTION
2. After the above set up procedure is completed, you will be allowed to read or watch TV until you become sleepy. SINCE WE NEED TO OBTAIN AS MUCH "SLEEP TIME" AS WE CAN, WE START TO ENCOURAGE YOU TO SLEEP BETWEEN 10:00—11:00 PM. IF YOU USUALLY GO TO SLEEP LATER, WE SUGGEST THAT YOU WAKE UP AT LEAST 2 HOURS EARLIER ON THE MORNING OF YOUR SLEEP STUDY (so you are tired the evening of your study).
3. The study is usually completed by 6:00AM.

OPTIONAL MSLT (DAY STUDIES) PROCEDURES:

THIS STUDY IS ONLY SCHEDULED FOR CERTAIN PATIENTS TO DIAGNOSE NARCOLEPSY AND DETERMINE DAYTIME SLEEPINESS.

1. If the doctor orders an MSLT study for you, a night study and a study the following day will be scheduled concurrently. You will need to stay at the sleep center the following day until approximately 5:00pm.
2. Depending on the results of your night study, the sleep technician will let you know in the morning if you need to stay for the daytime study.
3. This study consists of 5 naps scheduled 2 hours apart during the day. THERE IS NO PASS OR FAIL. IF YOU CANNOT SLEEP, THAT WILL BE THE RESULT OF THAT NAP.
4. You will need to bring food with you for the following day. Books, a DVD, etc. for the time between naps, are highly recommended. We have a TV/DVD, a microwave, and a refrigerator for your use. DUE TO THE EQUIPMENT INVOLVED, LEAVING THE SLEEP CENTER BETWEEN NAPS IS PERMITTED BUT YOU WILL HAVE ELECTRODES ATTACHED THAT CANNOT BE REMOVED UNTIL THE ENTIRE STUDY IS COMPLETED.

Appointment for: _____.

PAP-Nap INSTRUCTIONS

Please arrive **on time** (at the front entrance of the building) for your PAP-Nap. **Please notify us at least 24 business hours in advance if you need to cancel or reschedule your PAP-Nap. There will be a \$50 fee for appointments cancelled with less than 24 hour business day notice.**

ON THE DAY OF THE PAP-Nap:

We need for you to be as comfortable as possible, but you are not required to sleep. Otherwise, try to maintain your usual habits and schedule.

WHAT TO BRING WITH YOU:

1. Bring your machine, mask(s), chin strap(s), data card, tubing and any/all current equipment that you have. Please be sure to empty all water from your humidifier before transporting.
2. Wear comfortable clothes to relax in. You will be allowed to lay in the bed and/or sit in a comfortable position during the PAP-Nap.
3. Take any medications as you normally would do at home (unless otherwise advised by the doctor).
4. You are welcome to bring your own pillow, a book, or anything else that might help you be more comfortable.
5. A list of your questions.

GENERAL INFORMATION:

1. Our sleep center is a NON-SMOKING facility.
2. Our sleep center is an out-patient facility. If you require food, medications or attendant care, you must bring it with you.
3. You will be given a private bedroom, complete with a full bath.
4. THE SLEEP CENTER DOES NOT HAVE ACCOMODATIONS FOR PETS OR GUESTS.
***Please call the sleep center and discuss any special arrangements that need to be made prior to arriving for your PAP-nap.**
5. The PAP-Nap appointment is a minimum of two hours long, but may last longer. We request that you be ready to leave the Sleep Center after the PAP-Nap is completed.
***If you need additional time to get ready after the PAP-Nap, please discuss this with your technician prior to starting so that arrangements can be made.**

PAP-Nap STUDY PROCEDURE:

1. The study consists of being monitored with respiratory effort belts and a pulse-ox. You will NOT have any paste/goop or tape applied.
2. You will be allowed to ask questions, try different masks, test different settings, and troubleshoot any other issues that the doctor has requested.
3. You will be allowed to read or watch TV while trying different masks. You will be monitored, but you are not required to sleep.