

# What To Expect at Your Sleep Study



You have been scheduled for an all night sleep study. This is a very simple, painless test – all you have to do is sleep!

You will arrive at your sleep study at your scheduled time (please be on time, as we may have other patients scheduled for the same night!). The technician will greet you and escort you to the sleep center. She/he will then ask you to change into your bedtime clothes and have you fill out a questionnaire and a few other forms. She/he will then mark and measure your head to apply EEG (brain wave electrodes). We will attach the following monitors to measure your sleep:

- **EEG (electroencephalograph or brain waves) to monitor the stage of sleep you are in.**
- **EOG (electrooculograph or eye waves) to monitor your eye movements.**
- **EMG (electromyography or muscle activity) to monitor limb and chin movements.**
- **ECG (electrocardiograph or heart rate) to monitor your heartbeat and rhythm.**
- **We will measure your respirations using a thermocouple at your nose and mouth. A thermocouple looks like an oxygen cannula. Your chest and abdominal movements will be measured using belts placed around your abdomen and chest outside your bedclothes.**
- **We will measure your blood oxygen level using a probe that is placed on your finger.**

The entire hook-up takes about 45-60 minutes. We usually start the sleep study between 10:00 and 11:00 pm. You are allowed to walk around the sleep center after you are hooked up. During the night, you are free to use the bathroom on your own. You may sleep in any position you choose, although we may ask you to try to sleep on your back at some point during the night (if you have a medical condition that prevents you from sleeping on your back, please let your technician know). Do not be afraid to sleep in any position or move around in the bed. The monitoring devices are very sturdy and your technician will replace any that become loose or fall off.

You will be awakened around 6:00 am by the technician, if you have not already awakened on your own. The technician will remove all the monitoring devices and you will be allowed to shower, if you wish. We can provide a light breakfast for you, if you are hungry, and you are then free to go home. If it was necessary for us to give you a mild sleeping aid for your study, we will ask that you have someone pick you up.

Please feel free to call us at **859-255-1009** if you have any questions or concerns about your sleep study!



## Instructions For Your Sleep Study



1. Please get up early on the day of your study and *do not take a nap*, so you will be good and tired that evening.
2. Please make sure your hair and skin are clean and dry, without any gels, hairsprays or lotions.
3. Please do not wear colored nail polish.
4. Please limit your caffeine the morning of the study, and do not have *any* caffeine after noon that day.
5. Please have a light dinner the night of your study.
6. Please bring whatever pajamas/clothing you are comfortable sleeping in.
7. We have toiletries available for your convenience and each suite has a private bath/shower. If there is anything special that you use (ie, certain brand of shampoo or conditioner), please bring it with you.
8. Please bring only the medications you need to take that evening or the next morning, and please bring just the amount of medication that you will need for your dose(s).
9. If you are a diabetic patient, please bring your glucometer with you the night of the study.
10. We have light snacks and drinks available. If there is anything special that you would like to have or if you have any special dietary needs, please call at least 48 hours prior to your study and we will try to accommodate you.
11. We are a smoke-free facility; there are no smoking areas inside or outside the building.
12. Each suite has a television with a DVD player. We have a selection of movies in the center, however, you are welcome to bring your own, if you wish.
13. Relax and enjoy your visit with us!