

Progressive Neurology & Sleep Medicine Associates

SLEEP STUDY INFORMATION AND INSTRUCTION SHEET

Name: _____ Appointment date: _____ Time: _____

Welcome to Progressive Neurology & Sleep Medicine Associates. Please read the following instructions thoroughly prior to your sleep study. If you have any questions please feel free to call the office at (951) 785-7190 anytime from 8:30am-4:30pm Monday thru Friday. Thank you for your cooperation and we look forward to serving you.

Things to do before you come in for all sleep study appointments:

(If a patient requires special assistance/needs, please discuss this with our office prior to testing)

1. **Shower, wash your hair, and be clean-shaven** before coming to the Sleep Center. Please do not use any oils, sprays, or hair care products as these may affect the quality of our recordings. We recommend that you do NOT get your hair professionally styled prior to testing.
2. Avoid excessive physical activity or unusual meals the day of the test.
3. Please have dinner prior to arriving for your study.
4. Do not eat or drink anything that contains caffeine after 12:00 noon.
5. Please DO NOT TAKE A NAP THE DAY OF TESTING.

What to bring:

1. **Please bring all Insurance Cards and a valid form of identification**
2. **Bring all you regular medications** including insulin, Tylenol, etc. if needed. Progressive Neurology & Sleep Medicine Associates DOES NOT provide any medications, prescribed or non-prescribed.
3. Bring loose fitting comfortable sleep clothing. A t-shirt and shorts are sufficient.
4. Bring any special pillows or blankets if you desire. Pillows and blankets are provided for you.
5. Bring any toiletry items you may need (toothbrush, toothpaste, comb, brush, etc.).
6. If you wear hearing aids, please bring them with you for the study.
7. You may bring a book if you would like something to read. Cable TV is provided in the patient rooms.
8. Please bring the completed & signed enclosed Patient Sleep Packet. If not completed, this will delay your procedure and others.
9. Patients with nutritional needs or if you are diabetic and require special food for health or medical reasons, please bring them with you.
10. You may want to bring a hat with you for the morning when you leave.

What to expect:

When arriving at the Sleep Center you will be greeted by one of our sleep technologists who will escort you to your room and tell you what to expect for the night. You will also be provided with some paperwork to fill out and asked to change into your sleeping attire.

1. **Electrodes are applied for all sleep studies, including CPAP studies.**
2. Wake-up time is 4:30AM. You will be leaving by 4:30AM-5:00AM. If someone is picking you up in the morning, please make sure that they arrive no later than 5:00AM.
3. The test is NOT painful. Electrodes are applied to the scalp, face, chest, and legs. Also flexible pressure-sensitive belts will be applied around the chest and abdomen. There will also be airflow sensors to monitor breathing from nose and mouth and a pulse oximetry probe applied to your finger.
4. The technologist will be on duty during the entire test and will be able to hear and see you during the study. Please notify the technologist if you need assistance during the night.
5. Cell phone and all electronic devices will need to be turned off when your sleep study begins. This is to ensure there are minimal interruptions during your sleep.

Your sleep study is very important and should be done as soon as possible. If a cancellation cannot be avoided then we require 48 hours notice prior to testing. If less than that is given, you could be subject to a \$250 cancellation fee. FOR ANY AFTER-HOURS QUESTIONS AND/OR EMERGENCIES PLEASE CALL (951) 785-7190. IF THERE IS NO ANSWER, PLEASE LEAVE A MESSAGE AND WE WILL RETURN YOUR CALL AS SOON AS WE ARE ABLE.