



What to Expect and How to Prepare For Your Sleep Study

We at Sleep Health MD know that being prepared for the attended sleep test can really improve a patients' experience. Here are some tips for the night and morning after your study. If you have any other questions about this process, please contact our team at (844) 387-5337 or through our website at www.sleephealthmd.com. You can also view a video demonstrating a typical sleep study through our website or go to <https://youtu.be/2gECGYI5C50>

Eat dinner before you arrive- Eat your usual evening meal prior to arriving at our center. Bring the medication you usually take before bed. Please, no alcohol. If prescribed, bring your sleep aid with you, but do not take it in advance.

Come clean- Clean skin is preferred to keep the testing equipment in place throughout the night. Please remove lotions, perfume/colognes, make-up, and nail polish prior to coming in. If you shower prior to coming in, please dry your hair. A clean shaven or well-groomed face makes the evening easier for everyone.

Please arrive at your scheduled time- In this case; arriving too early is not preferred. Your sleep tech will not be able to start the test earlier than your scheduled time, and there is limited access to buildings and seating at this time of day. Of course, arriving late is not helpful either and may result in a late bedtime and delays in the testing procedure.

Bring comfy pajamas- You will need to sleep in a loose-fitting pajama top and bottom, even if you don't normally wear them. You may also bring a comfy pillow, blanket, or stuffed animal (for our kids or kids at heart). You may also want to bring your toothbrush, toothpaste, and any other toiletries you use on a nightly basis. Bring something to read or work on as the hook-up process can take an hour or more. We have TV's available in each room with capability to connect to any subscription plan you may have. Please be sure to bring in your account passwords.

Before you fall asleep- When you arrive, your night tech will greet you and answer any questions you may have. They will place electrodes with attached wires on your head, face and chin with paste and tape. You will also be wearing a belt around your chest and stomach, leads on each leg to monitor limb movement, a nasal cannula/thermistor to measure nasal & oral breathing, and a pulse oximeter at the tip of one finger. Some patients are surprised by the amount of monitoring that is done; we review many of your body's systems to provide an accurate diagnosis.

Sleeping, waking, and in between- To ensure sufficient testing time, bedtime aka "lights out" will begin by 11 pm, if you haven't fallen asleep before then. Your technician may periodically readjust the sensors throughout the night and will be available if you need to use the restroom or have questions or concerns. In the morning, you'll be awoken between **5:00am- 5:30am** and should be ready to leave the office by **5:30am- 6:00am**. *If you require an earlier wake up time, please inform your tech when you arrive for the test, this may require an earlier bedtime.



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For our pediatric patients- We are so excited to have our pediatric patients! We know that this can be a stressful time for both the child and family, and we strive to make the experience fun and positive. We often approach it as a fun night for a sleepover with stickers, dressing up for “space”, or becoming a robot. And children, don’t worry- mommy or daddy can come on the adventure too! If your child has a special blanket or toy, please feel free to bring it.

A parent will need to stay overnight to help care for and comfort the patient. **Due to space limitations, only 1 parent for the overnight study is allowed.** You can also help in the process by not allowing your child to pull off materials that have been put in place; this will help avoid having to reapply the sensors later. **Please monitor cell phone use during the study for both children and parents- it may be very distracting.

Location specific information

Santa Cruz- 1665 Dominican Way, Suite 222, 95065 *cross- street Mission Drive, behind Dominican Hospital

- If you need to use the elevator in our Santa Cruz office after 6:00 pm, please enter the code: **#9017#**
- Backline phone number: **(831) 316-9070**- can be used on the night of testing for urgent need only.
- Parking- no permit or pass required in front of the Cypress Medical Building

Watsonville- 150 Carnation Drive, Suite 4, Freedom, 95019 *cross- street Green Valley

- Backline phone number: **(831) 536-4224**- can be used on the night of testing for urgent need only.
- Parking- no permit or pass required in the parking lot.

Sunnyvale- 260 South Sunnyvale Ave., Suite 6, 94086 *across from Target and Macy’s parking lots

- Backline phone number: **(408) 675-0403**- can be used on the night of testing for urgent need only.
- **Parking-** a parking pass **is required** for overnight testing. The sleep tech can provide one to you the night of the test or we can provide a pdf for home printout prior to the night of testing.

Monterey- 101 Wilson Road #D, Monterey, CA 93940

- **Parking-** No Permit or pass required in front of the building.