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NEUROLOGY & SLEEP MEDICINE

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POLYSOMNOGRAM (PSG)

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POLYSOMNOGRAM (PSG) OR SLEEP-TEST: This test is used to study for disorders of sleep. The test is painless. Small surface electrodes are placed on the head, chest and legs, and monitors over the nose, throat and chest wall. The process of getting you ready for the test may take about 30-45 mins. The technician will monitor the study including using an infrared camera from an adjacent area. The study will conclude before 6 AM. The technician will be reachable by two-way intercom and will be readily available should you need assistance. Typically, one technician monitors more than one patient. However, at times there is only one patient, and should gender selection be a concern, we will reschedule your study.

Please visit our website: www.SleepDisordersClinic.com

PREPARATION

TIMING: Please plan to be at the Sleep Clinic at your scheduled time

SHOWER: Before coming to the Clinic, it is important to take a shower and shampoo your hair.

Thereafter, do not apply any lotion or cream. This will help obtain better electrode contact and more reliable signals. Remember, we are trying to get the best possible quality of data.

LOTION: On the day of the test do not apply any lotion or cream

NAPS: Do not take any naps on the day of the test. This will severely affect your ability to sleep well at night during the testing

TOBACCO/CAFFEINE: On the day of the test, try and avoid all stimulants such as tobacco and caffeine, including soft drinks, coffee, tea etc. Remember, the stimulant effect of caffeine can last for many hours that can prevent you from getting a good night's sleep.

NAILS: Do not wear acrylic nails, if possible

READING MATERIAL: Bring reading material that can help you pass time before bedtime.

Remember your reading glasses, if applicable.

FOOD: You may also bring a light snack or drink. Please do not take any alcohol

MEDICATION: You may take all your usual medicines during the daytime. And, you may take your usual nighttime medication at the Clinic. Never take a sleep-inducing medication and drive.

JEWELRY: Please leave all your jewelry and other such precious possessions at home

SLEEPWEAR: It may be helpful to wear loose and comfortable clothing. Pack your sleepwear and toiletries, as you would for an overnight hotel stay. It is okay to bring your favorite pillow or blanket. Sorry, no pets.

DRIVING: If you are drowsy, do not drive. Have a friend or family member drive.

I acknowledge that I have read this document and have no questions.

SIGNATURE: _____

NAME (Print): _____ **DATE:** _____