

Information About Your Overnight Sleep Study

_____ **Diagnostic Polysomnogram (PSG)** _____ **Continuous Positive
Airway Pressure (CPAP) Titration.**

You should plan to arrive for your sleep study at 8:00pm . *Please DO NOT arrive earlier for your sleep study, the night technician will not be available to open the door until 8:00 pm.*

Please remember that in order to avoid the \$200 same day cancellation or no-show fee, you must notify our office at least 24 hours in advance of your scheduled study time if you need to cancel or reschedule your appointment .

Fayetteville Patients: Please park in front of the building in any available parking spots and knock at the front entrance to alert the technician of your arrival. Our Fayetteville office is located at **200 Forsythe St, Fayetteville NC** . This office can be reached at **910-824-7619**. (Scan QR code below with your camera app on your smartphone for directions to this office.)



Sanford Patients: Please park anywhere available in the parking lot and approach the **front** of the building. **Ring the bell by the door on the left hand side of the sliding doors** to alert the technician of your arrival. Our Sanford office is located at **1212 Central Drive, Sanford NC 27330** . This office can be reached at **919-261-5075** or **919-935-0773**. (Scan QR code below with your camera app on your smartphone for directions to this

office.



A nighttime technologist from our staff will greet you and show you to a private bedroom that is specifically equipped to monitor and record your sleep activity. After all of your questions are answered regarding the procedure, you will be asked to complete a short questionnaire about your day and previous night's sleep. You will then be given time to change into your nighttime clothing and prepare for bed as usual before the setup process begins.

The setup process will take approximately 30 to 45 minutes to complete. Small sensors will be attached to your head and body using a paste-like adhesive. The paste dissolves easily in water, so no residue will remain after showering and washing your hair. Once all of the sensors, electrodes and belts are attached, the technologist will take some initial readings while you are awake, from the remote monitoring station located near your room. After the initial readings are taken, the technologist will instruct you that you may relax and go to sleep.

Under most circumstances your study will end approximately between 5:00 am & 6:00 am, and you will be ready to leave the facility by approximately 6:00 am. Please be sure to pre-arrange any transportation needs accordingly. If you need to leave the facility prior to 6:00 am, please notify the staff prior to, or upon your arrival to ensure he/she allocates enough time for your study

When you arrive for your test, RELAX, make yourself at home, and catch some ZZZs ...our friendly staff will take care of the rest! ***It is important that you prepare appropriately for your sleep study. Please adhere to the following guidelines to improve the accuracy of your results :***

- Continue medications ordered by Physician.
- Do not consume any alcohol within 48 hours of your overnight study.
- Do not consume any caffeinated beverages after 8:00 a.m. on the day of your sleep study.
- Do not take any naps the day of your study.
- Eat a normal evening meal prior to coming to the Sleep Center.
- Take a shower and wash your hair prior to coming to the Sleep Center.
- Please make sure your hair is clean, dry and free from all hair care products such as hair spray, gel, mousse, or oils. Hair pieces such as weaves and wigs must be removed prior to testing, any extensions that are glued or sewed in must be removed prior to testing.
- Refrain from using skin lotions and powders.
- Do not bring large sums of money or jewelry with you.
- Please remove any colored or tinted fingernail polish before arrival (toenail polish is okay). We do not have the ability to remove gel-type polish at the sleep lab. Failure to do so may result in the need to reschedule your appointment or repeat your study due to false or inaccurate readings.
- If you require special assistance in getting in and out of bed, you must bring an aid to be responsible for this care.
- Please bring any snacks and/or non-caffeinated beverages you may require before bed or during the night. We will provide water upon request.

- Bring comfortable nightclothes. If you do not bring your own nightclothes, a hospital gown will be provided for you.
- Personal items needed for you to comfortably prepare for sleep, i.e. personal hygiene items, toothbrush, slippers, robe, etc.
- Your own pillow, if it will enhance a good night sleep.
- Any medications that you normally take during the hours that you will be at the Sleep Lab.
 - If you are a diabetic, bring insulin and a snack.
- If you require reading glasses, please remember to bring them with you as you will be asked to complete questionnaires before and after your study.
- Please bring all of your regular medications for self-administration. Take all of your medications as usual, unless otherwise instructed by your sleep physician. If you have a special diet or medication, a refrigerator is provided. If you are diabetic, please bring your insulin and a snack.
- Your comfort is our primary concern. If you are more comfortable with your own pillows, we encourage you to bring them. .

Please note : Technicians are not allowed to administer any medications; nor can they provide you with any test results the following morning. You will receive your results at your scheduled follow-up visit.

"How do you expect me to sleep with all of these wires??" This is a typical question asked by many patients undergoing sleep studies! Surprisingly, most people have little difficulty going to sleep wearing all the wires and sensors. After the setup is complete, you will have some time to relax in your room while you adjust to the feel of the equipment and become more comfortable with your surroundings. If you wish, you may read or watch television before the test begins. Additionally, keep in mind that despite all of the wires, going to the restroom during the night is easily done.