



PREPARING FOR A SLEEP STUDY

Our clinics are designed to offer the most comfortable environment to evaluate your sleep. Please review the following information carefully so as to make your stay a pleasant experience.

What to bring

Your visit is similar to a hotel visit. You should bring your toiletries, sleepers, a robe or sweater in case you get cold, and a change of clothing for when you leave. We provide towels and washcloths for cleaning up/showering. You may also bring your own pillow if you like, although we provide that as well. **Be sure to bring a TWO PIECE sleeping outfit for the night.** It can be pajamas, T-shirt and shorts, sweatsuit, or anything comfortable enough to sleep in.

Medication

If you are taking any medications, please be sure that the doctor is aware of them before you spend the night. Bring your medication with you in the appropriate bottles or write down for the technician the exact dosage, time(s) taken, and name of the medication. It is important that they know exactly what medications you are taking. It is your responsibility to take them as needed, but please confirm with the technologist **if** you can take them during the day.

Before your visit

We recommend a shower on the day of your visit. It is important that your skin is clean and dry. Please do not apply any body/face lotion, make-up, or nail polish prior to the studies. These items may interfere with the accuracy of the testing. Also, please make sure that your hair is free from hair spray, gel or any other products. Your hair should be dry when you arrive.

During your visit

We will provide you with a continental breakfast (Dublin location only), as well as lunch if you stay for more than three naps on a daytime nap study. We enforce a no-smoking policy in our facilities. You may smoke outside of our Dublin location only, providing you ask for an ashtray.

After your visit

The technician will do his/her best to remove as much of the electrode paste from your hair and skin as possible. If you have trouble removing the rest from your hair, we suggest trying a fine toothed comb and a little extra conditioner. This should work fine to remove the remainder of the paste, but keep in mind that it may take a few washes before it is completely removed.

If you have any questions, feel free to call 614-766-0773 (Dublin office) or 614-775-6177 (New Albany office). *Please keep in mind that technicians are not able to give you the results of your sleep study.* Our physicians need to review each case individually and will thoroughly present you with the results and treatment options at your follow-up visit.

If you need to reschedule your sleep study, you may do so by calling our office 48 hours prior to your study. For any other concerns on the night of your study, you may leave a voice mail. Our technical staff will contact after 7:00 p.m.