***ON THE DAY OF THE STUDY:***

1. **AVOID ALCOHOLIC BEVERAGES.**
2. **AVOID COFFEE OR ANY OTHER CAFFEINATED BEVERAGES** (max 2 cups before noon)
3. **AVOID EATING ANYTHING WITH CHOCOLATE.**
4. **AVOID TAKING NAPS OF ANY KIND DURING THE DAY OF YOUR SLEEP STUDY.**
5. It is recommended that you arrive showered and ready for bed. Shampoo your hair and refrain from using any gel, mousse, or hair spray.
6. Please remove ALL make-up prior to arrival.
7. If you have finger nail polish, artificial nails or gel nail polish please remove on at least one finger (ring, middle or index) prior to arrival so that the sensors will be accurate.

***WHAT TO BRING WITH YOU:***

1. Bring any toiletries that you may need for the evening and morning before your departure from the Sleep Center.
2. **BRING LOOSE FITTING CLOTHING TO WEAR DURING YOUR SLEEP STUDY.**
3. Examples include pajamas or sweat pants and a t-shirt. (Please try not to bring gowns or one-piece nightwear as the technicians need to place electrodes on legs)
4. **IF YOU ARE TAKING ANY MEDICATIONS, BRING THEM WITH YOU AND TAKE THEY AS YOU NORMALLY DO AT HOME** (unless otherwise advised by the doctor).
5. If you currently take prescribed a sleep medication, **PLEASE BRING IT WITH YOU.**
6. **PLEASE INFORM TECHNICIANS IF YOU ARE GOING TO TAKE A SLEEPING MEDICATION BEFORE YOU TAKE IT.**
7. If you sleep better with your own pillow, you are welcome to bring it. **THIS IS HIGHLY RECOMMENDED.**

***GENERAL INFORMATION:***

1. Our sleep center is an out-patient facility. If you require food, medications or attendant care, you must bring it with you.
2. You will be given a private bedroom, complete with a full bath.
3. **THE SLEEP CENTER DOES NOT HAVE ACCOMODATIONS FOR PETS OR GUESTS.** (Special arrangements will be made for parents of children having sleep studies.)
4. The technicians will wake you up at approximately 5:00 am which permits a maximum of 1 hour to prepare for discharge. We request that you be ready to leave the Sleep Center no later than 6:00 am. If you need additional time to shower and dress, please discuss this with your technician the night before so that an earlier wake up time can be arranged.

***SLEEP STUDY PROCEDURE:***

1. Your technician will apply small sensors to the scalp, face, chest, and legs using a gel like substance. You will have paste and gel in your hair. Elastic sensor belts will be applied to the chest and abdomen. There will be a device placed directly under your nose to sense your breathing. This is a painless procedure and sleeping is usually not a problem. **IF YOU HAVE ALLERGIES, PLEASE BRING THEM TO YOUR TECHNICIANS ATTENTION.**
2. After the above set up procedure is completed, you will be allowed to read or watch TV until you become sleepy. **SINCE WE NEED TO OBTAIN AS MUCH “SLEEP TIME” AS WE CAN, WE START TO COURAGE YOU TO SLEEP BETWEEN 10:00—11:00 PM.IF YOU USUALLY GO TO SLEEP LATER, WE SUGGEST THAT YOU WAKE UP AT**
3. **LEAST 2 HOURS EARLIER ON THE MORNING OF YOUR SLEEP STUDY** (so you are tired the evening of your study).
4. The study is usually completed by 6:00 AM.