

# Sleep Study

A sleep study checks for sleeping problems. It is a 6-8 hour recording of your brain activity, heart rate, leg movements, oxygen levels and breathing while you sleep. The test is scheduled in the evening and you stay overnight.

## Common Sleep Disorders

- A hard time sleeping
- Sleep apnea where you stop breathing at times during sleep
- Snoring
- Daytime sleepiness
- Awakening with screaming, confusion or panic

If your study shows that you have a sleep disorder, you may be scheduled to come back for a second night to find the best treatment for you.

## The Day of Your Study

- Wash your hair and be sure it is dry before you come for your study. Do not use any oils, sprays, gels, mousse or lotions on your clean hair.
- Do not take any naps.
- Avoid caffeine and caffeine-free cola, coffee or tea.
- Take all of your medicines on your usual schedule unless otherwise told by your doctor. Bring any medicines with you that you need to take during your time in the sleep lab.
- Eat your normal diet. If you need a snack at bedtime or when you wake in the morning, bring the snacks with you.
- You may also want to bring:
  - Something comfortable to sleep in
  - Toiletry items
  - A change of clothing
  - Anything else you feel you need for an overnight stay, such as a book, magazines, or tape or CD player

## During Your Study

You will sleep in a room that has monitoring equipment. The staff will watch you from another room and be able to talk to you through a speaker.

Small patches called electrodes are placed on your scalp, chest and legs. Other equipment may include:

- A pulse oximeter clipped to your finger to check your oxygen levels
- An elastic band placed around your chest and stomach to check your breathing
- An airflow sensor taped under your nose to check air movement

Try to sleep like you do at home. You will have little or no discomfort during the sleep study.

### **After Your Study**

The equipment will be removed and the electrodes will be taken off your skin. There may be some paste left in your hair. Wash and comb your hair with a fine tooth comb to remove it.

Results of your study will be sent to your family doctor. Your doctor will share the results with you.

**Talk to the staff if you have any questions or concerns.**