

I. TEST DESCRIPTIONS:

1) NOCTURNAL POLYSOMNOGRAM (NPSG): OVERNIGHT

This is the most common test used to diagnose sleep disorders. It looks for any disruption of "normal" sleep. It consists of electrodes attached to the scalp, neck, legs and chest, elastic belts around the chest and abdomen, airflow sensors under the nose and an oxygen sensor on one finger. Sleep is taped using an infrared camera/microphone. The test lasts approximately 6-8 hours. If certain clinical protocols are met within the first two to three hours of the study, the technician may wake you to initiate CPAP.

2) CONTINUOUS POSITIVE AIRWAY PRESSURE (CPAP): OVERNIGHT

This is a means of helping someone breathe better while sleeping by gently blowing room air into the nose using a soft mask attached by tubing to a bedside CPAP machine. This procedure treats obstructive sleep apnea and stops snoring.

3) MULTIPLE SLEEP LATENCY TEST (MSLT): OVERNIGHT PLUS NEXT DAY

This is a daytime "nap test" used to determine someone's degree of sleepiness. This test consists of fewer electrodes than an NPSG. The patient undergoes four-five 20-minute nap trials, spaced two hours apart. These are typically at 8:00 am, 10:00 am, 12:00 pm, 2:00 pm and 4pm. The only instruction to the patient is to not resist sleep. Brain activity is monitored, allowing the physician to diagnose disorders of arousal. During this test, the patient may **not** nap between sessions. The patient should also bring their own lunch and something to do between sessions (*This can be a rather boring test!*).

II. PREPARATION FOR YOUR NIGHT IN THE SLEEP LAB: For your own comfort and to yield a high quality study, we recommend the following:

- 1) Bathe and shampoo your hair prior to coming:** This will remove the oils from your skin and hair, which might otherwise interfere with the sleep study. Except for deodorant do not add anything to your skin or hair such as makeup, moisturizers, hair spray, or hair oils as these would also interfere with the sleep study. Additionally we recommend that you remove fingernail polish/artificial nails from 1 finger and hair extensions (*if reasonable*).
- 2) Consumption of alcohol, caffeinated beverages and non-prescription drugs** should be **per your usual routine** unless directed otherwise by Dr. Perkins. (*Caffeine may be found in coffee, tea, soft drinks and chocolates.*)
- 3) Take your usual prescription medications, EXCEPT sleep medicines, unless otherwise instructed by your physician. Bring all your medications to the sleep study. Do not take your sleeping medication before arriving for the sleep study.**
- 4) You may bring over-the-counter medications** such as Tylenol, Advil, Zantac, nasal decongestants, etc. with you. The Sleep Medicine Program does not have any OTC medications for you to take.
- 5) Do not nap** on the day of your study (*unless you have previously discussed this with Dr. Perkins*).
- 6) Eat your evening meal before** arriving at the sleep lab.
- 7) Smoking is not allowed:** If you feel you will be unable to complete the study without smoking then notify Dr. Perkins to see if accommodations can be made.
- 8) Friends and family members cannot remain in the testing area during the study.** Exceptions include parents of **young children** or caretakers of **adults with special needs**. If you fall into one of these categories, please inform Dr. Perkins so arrangements can be made.
- 9) If you are diabetic and must eat at certain times or have special needs** then please be certain to inform Dr. Perkins prior to the sleep study.
- 10) Contact the Sleep Medicine Program if you have severe nasal congestion or develop a bad cold.** If an illness or other problem, which may interfere with, your sleep develops prior to your study then contact the Sleep Medicine Program and your physician.

III. ITEMS TO BRING TO THE SLEEP TESTING AREA:

- 1) As mentioned above, please **bring your prescription medications** and show them to the technician. **If you use CPAP/BIPAP, bring all the equipment** so we can test it.
- 2) **Loose fitting 2-piece cotton pajamas**, sweat suits, T-shirts, shorts or pants to wear to sleep. **Do not wear 1-piece gowns or silky material.** You are free to bring a robe and slippers.
- 3) Although we will provide pillows and linens you are welcome to bring your favorite blanket or pillow.
- 4) A shower is provided for your use. You must supply your own toiletries.
- 5) If you typically read before going to bed then you may want to bring a book. If there are other items you need for your "pre bed" routine then please contact the sleep center to make sure that there will be no problem accommodating your requests.

IV. SLEEP LAB PROCEDURES:

- 1) You will be "hooked up" by the technician and allowed to read until the sleep study is ready to begin. A television is accessible in our waiting area.
- 2) The study usually ends around 5:00 - 6:00 am, at which time you may shower and leave unless you are scheduled for an MSLT.
- 3) You will sleep on an extra-long twin or queen mattress in an air-conditioned room that is designed to feel as much like a bedroom as possible.
- 4) Although we record many physiologic parameters and can tell when you are dreaming, we cannot monitor the content of your dreams.
- 5) A technician will be listening to you on a microphone at all times and can "unhook" you for bathroom breaks.
- 6) You will not be medicated in order to aid your falling asleep; however, if your doctor has you taking **sleep medication**, then **bring it with you.** You may or may not be allowed to take your sleeping medication, depending upon the test parameters.

