

VALUABLE INFORMATION ABOUT YOUR IN-LAB SLEEP STUDY

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- **What is a sleep study and what occurs during the test?**
 - A sleep study is used to diagnose some sleep disorders, such as sleep apnea.
 - You are scheduled for an in-lab study, which means that you come to the Medical Center and stay overnight while you sleep. An in-lab sleep study provides your doctor with the most complete evaluation of your sleep. To obtain the most accurate evaluation of your sleep, you are expected to stay throughout the night.
 - You will have your own room to sleep and your own bathroom to use during the study.
 - The sleep study staff will attach sensors to you to monitor your breathing, brain waves, heart rate, oxygen levels, and leg or arm movements during sleep. A video camera in the room will record additional useful information about your sleep and allow the sleep study staff to assist you if help is needed.
- **What should you do the day of the sleep study?**
 - Go about your normal day. Perform your usual activities and take all your usual medicines.
 - Have your hair clean and dry when you arrive for your study. Do not wear makeup or use any products in your hair. Do not apply heavy creams or lotions to your skin because they alter the quality of your test.
 - Avoid naps.
 - Avoid too much caffeine (coffee, tea, soft drinks, chocolate, energy drinks), especially within 8 hours of bedtime.
 - Eat dinner before you arrive. Dinner will not be provided by the sleep lab.
- **What should you bring to your sleep study?**
 - Take your medicines as you normally do, unless told otherwise by your provider. Bring any medicines you need to take before bedtime or during the study with you. We cannot provide you with any medicines at the sleep center.
 - Bring something comfortable to sleep in (e.g., pajamas) that is 2-piece and loose fitting. Also bring anything that you need for your nightly routine, such as a toothbrush and toothpaste.
- **What happens after your study?**
 - After your study, all the sensors will be removed. The results will not be available yet.
 - The information gathered during the sleep study will be reviewed and evaluated by a sleep doctor.
 - You should follow up with the ordering provider for the results. Please allow about 2 weeks for the study to be reviewed and the results sent to your provider.
 - If the results show that you have sleep apnea, you will be asked to attend a sleep apnea group education program. A sleep specialist and sleep respiratory therapist will review your sleep study report(s) with you and recommend a treatment plan. This appointment will last about 90 minutes. You will leave understanding your sleep study results and the actions to take to treat your sleep apnea.
 - In some instances, you may be asked to come back to the sleep testing center for a Positive Airway Titration (PAP) study. This study helps us decide what PAP setting is best for you.
- **If you have any specific needs for the study** (e.g., sleep in a recliner, use supplemental oxygen, sleep during day instead of at night, need caregiving assistance, need transportation, etc.) call the sleep lab as soon as possible prior to your appointment to ensure we can accommodate your needs. You may need to bring any needed special equipment with you.

Remember: Do not drive or participate in activities that need a lot of attention if you are drowsy.