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Sleep Study Instruction Sheet

SLEEP STUDY DATE: ____/____/____

TIME - 8:00am- 4:00pm 7:30pm – 6:00am 7:30p.m.-4:00pm

Welcome to **Somnus Sleep Clinic**. Please read the following instructions thoroughly prior to your sleep study. If you have any questions, please feel free to call the office at 601-939-1808 anytime from 8am-4:30pm Monday thru Friday. Thank you for your cooperation and we look forward to serving you.

Things to do before you come in for all sleep study appointments:

(If patient requires special assistance/needs please discuss this with our office prior to testing)

1. Avoid excessive physical activity or unusual meals the day of test.
2. **Please shower the day of your test and make sure hair and skin is free of oils and conditioners and completely dry.** Do not use lotion or Vaseline as this will prevent the electrodes from adhering properly.
3. Women: do not wear make-up Men: unless wearing a beard, shave closely prior to testing.
4. **Please DO NOT TAKE A NAP THE DAY OF TESTING.**
5. Have supper before you arrive. Do not drink coffee or other beverages containing caffeine (tea, soft drinks) after 12:00 noon. If a nap study is done, caffeine is not allowed on the day of the test.
6. Unless otherwise instructed, avoid alcoholic beverages before and during your sleep study.
7. Maintain a regular bedtime, wake-up time, and daytime schedule for at least one week prior to the study.
8. ****HAIR**** We also ask that you do NOT get your hair professionally styled prior to testing.

BRAIDS MUST BE TWO FINGERS WIDTH APART. NO HEAD PIECES (sewn in or glued).
YOU WILL BE SENT HOME IF ELECTRODES CAN'T BE PLACED ON YOUR SCALP.

What to bring:

1. **Please bring Insurance Cards and Drivers license/Please leave Personal Valuables at home.**
2. **Bring all your regular medications** including insulin, Tylenol, etc. if needed. Somnus Sleep Clinic does not provide ANY types of medication.
3. Loose fitting sleep clothing (undergarments and two piece pajamas of non-satin material). A t-shirt and shorts are sufficient.
4. Special pillow or blanket if you desire.
5. Any other toiletry items you may need (shampoo and soap are provided).
6. Reading material if you desire; Televisions are provided in patient rooms but must be turned off when study is started.

What to expect:

When arriving at the sleep clinic you will be greeted by one of our night technologists who will escort you to your room and tell you what to expect for the night. You will be provided some paperwork to fill out and asked to change into your sleeping attire, if you did not arrive in them.

1. **Electrodes are applied for all sleep studies, including CPAP studies**
2. The test will usually, but not always, will be completed by 6am.
3. The test is NOT painful. Electrodes are applied to the scalp, face, chest, and legs. Also, flexible pressure-sensitive belts will be applied around the chest and abdomen. There will also be airflow monitors to monitor breathing from nose and mouth and a pulse oximetry probe applied to your finger.
4. The technologist will be on duty during the entire test and will be able to hear and see you during the study. Please notify technologist if you need assistance during the night.
5. Smoking is not allowed inside the building.
6. Showers are available at the clinic. The next morning, your hair will need to be washed to remove the adhesive (this can be done at the clinic or at home). It works best to use very warm water.

Your sleep study is very important and should be done as soon as possible. If a cancellation can not be avoided it must be done 24 hours prior to testing.