

# What to Expect for A Sleep Study

## WHAT TO EXPECT

The test is painless and involves attaching electrodes to your head and chest to monitor your EEG (brain waves) and EKG (heart rhythm and rate). Special sensors may also be placed to monitor your breathing and oxygen levels while you sleep. These electrodes and other sensors will be attached with adhesive, which will be removed at the end of the test.

## HOW TO PREPARE

Wear loose comfortable clothing with a shirt that buttons up from the front. Please do not wear silk. Plan to bring extra clothing and personal hygiene items with you. You may also bring a favorite pillow or blanket if you desire. However, these items will be provided.

Also, you may bring a cell phone, laptop, CD player, books, etc. We have Wi-Fi and there is a game system in each room. Movies and games are available. Please remember that Regional Health Diagnostics will not be responsible for any items that you bring with you.

The day of your test, please bathe and wash your hair with shampoo prior to your appointment.

***\*\*Do not apply any oils, lotions, or powders to your arms, legs, or chest\*\****

***\*\*Do not use oil products or hairspray in your hair\*\****

## MEDICATIONS

Please bring all of your medications, even over the counter medications (example: Tylenol, Motrin, Zantac, Pepcid), in the original bottles so that they can be checked if needed.

If you take your medication from a 7 day planner, you may bring that with you.

We are unable to provide you with ANY medications, including over the counter medications.

## MEALS, SNACKS, AND DRINKS

There will be a refrigerator and microwave available for use by all patients. You may bring food and drinks with you.

We will provide each patient with breakfast, lunch, dinner, 2 snacks per day, 3 soft drinks per day, and bottled water. Additional meals, snacks, or drinks are available for an additional charge.

We provide copies of carry out menus should you choose to order in. Please keep in mind that most places require an order of \$10.00 or more if you wish to purchase your meals.

## SPECIAL NOTES

Any minor under the age of 18 will need a parent or guardian with them **AT ALL TIMES** during their testing.

Any person that is a ward of the US Government and/or the State of NC will need staff with them **AT ALL TIMES**.

For those patients that smoke, you can go outside for 5 minutes every 4 hours until 9 PM when doors are secured.