

POLYSOMNOGRAM (DAY SLEEP STUDY)

- Please plan to arrive at the Sleep Center at 7 a.m.
- Lights and television will be turned off and the study will begin between 8 – 8:30 a.m.
- Distractions, such as television, radios, cell phones, pagers, etc., will need to remain off through the study.
- You will be awakened between 2:30 – 3 p.m. in the afternoon.
- Please feel free to bring comfort items, such as a pillow or blanket, but this is not necessary.
- Please bring sleeping attire. Women should consider bringing two-piece attire to maintain modesty and to allow for ease of placement of monitoring equipment.
- Please shampoo your hair prior to coming for the test. Make sure it is dry and do not use any hair oil or hair styling products.
- Men should shave facial hair stubble; please do not shave off a beard or mustache just for the sleep study.
- Please do not wear makeup or moisturizing lotion/oils on face or body. These items make it difficult to apply some of our equipment.
- Try to maintain your usual daily schedule prior to coming in. Avoid any unusual physical exercise that you normally would not do or any large meals during the night or in the morning.
- Avoid alcoholic beverages for at least 12 hours prior to your study.
- Do not drink coffee or beverages containing caffeine after 2 a.m. on the day of your study.
- Please don't take naps if at all possible the evening before or the day of your study.
- This is an outpatient procedure. We are unable to provide meals, snacks or beverages other than water. Also, nursing services and medication are not provided.
- Take your regular medication and if needed, bring it with you and take it on schedule unless otherwise instructed.

In order to provide the best test and evaluation of your sleep, your cooperation is essential. Please follow the instructions. If you have any questions, please call us (302) 346-2600.

A copy of your interpreted study will be sent to your referring and primary care physician. Test results will generally be available within 3-5 business days of the date of your study. All inquiries regarding test results should be directed to your referring physician.