



SLEEP STUDY TESTING INSTRUCTIONS

(If you have questions or concerns, please call 970-384-7694)

PLEASE DO NOT BRING VALUABLES WITH YOU ON THE NIGHT OF YOUR SLEEP STUDY

- Register at the Emergency Room and remain there until sleep lab personnel arrive to get you.

PLEASE LET THE ER CLERK KNOW YOU ARE THERE TO REGISTER FOR A SLEEP STUDY.

- NO caffeine or alcohol after 1:00 p.m. the day of your Sleep Study.
- NO napping or sleeping at all during the day of your Sleep Study.
- Relatives will not be allowed to stay with the patient during the test. However, if this is a pediatric sleep study, a parent or guardian will be required to stay the night.
- **Please request a sleeping aid such as Lunesta or Ambien from you doctor in case you have difficulty going to sleep.**
- **Please bathe or shower with hair shampooed and thoroughly dried before coming to hospital. NO gels, hairspray or oils; unless a beard is normally worn, men *must* shave prior to coming in for study. Also, do not apply any body lotions, oils or powder.**
- Expect to be in the lab the full night of the study. Arrangements can be made for those who must leave early to go to work. Typically the study ends between 5:00 & 5:30 a.m. the following morning.

WHAT TO BRING WITH YOU

- ❖ Pajamas: Comfortable loose fitting top and bottom. (Examples: Two-piece pajamas, T-shirts, and/or sweats. Men must sleep in some kind of shirt; if you desire; personal toiletries, toothbrush, toothpaste, brush, etc.
- ❖ **BE SURE TO BRING A LIST OF ALL MEDICATIONS YOU ARE CURRENTLY TAKING!**

IMPORTANT REMINDERS

- ◆ **IF YOU DEVELOP A HEAD COLD OR ALLERGIES WHICH CAUSES NASAL CONGESTION, YOUR TEST MAY NEED TO BE RESCHEDULED.**
- ◆ **IF YOU NEED TO CANCEL OR RESCHEDULE, PLEASE GIVE 24 HOURS PRIOR NOTICE. WE HAVE PATIENTS ON A WAITING LIST THAT COULD USE YOUR APPT. THERE IS A NO SMOKING POLICY ENFORCED DURING THIS PROCEDURE.**
- ❖ **PLEASE DO NOT BRING ANY PERSONAL BEDDING INCLUDING PILLOWS, BLANKETS, ETC. AS PER Valley View Hospital INFECTION CONTROL POLICY.**