

IMPORTANT SLEEP STUDY INFORMATION

THERE WILL BE A **\$200 FEE** FOR CANCELLATIONS OR CHANGES MADE WITHIN **72 HOURS** OF A SCHEDULED SLEEP STUDY THAT IS NOT PAYABLE BY INSURANCE.

PREPARING FOR THE STUDY

- **ARRIVAL TIME:** please arrive at 9:00 PM to the sleep lab (unless otherwise indicated). Our technologist will greet you and escort you to your bedroom.
- **AVOID** naps the day of your sleep study
- **AVOID** caffeinated beverages after 12PM of your sleep study
- **AVOID** using hair products (ie. Conditioner, hair gel, hairspray, oil) – *this may interfere with the recording*
 - Make sure your hair is CLEAN and DRY the night of your study
- **MEDICATIONS:**
 - Bring any prescription medications that you may need during the night of the study in the original medication container. Take your medication as usual.
 - IF you take a sedative/sleep aid, please take this AFTER arrival to the sleep lab
 - Some medications may need to be discontinued in order for your study results to be interpreted properly. PLEASE speak with your healthcare provider before discontinuing ANY prescription medications.

WHAT TO BRING TO THE STUDY

- Personal items that may help you sleep (ie. Favorite pillow, blanket, book, etc)
- Personal hygiene items (ie. Toothbrush, toothpaste, face wash, hair brush)
- Comfortable pajamas or shirts and a t-shirt
 - **AVOID** clothing made of satin, nylon, or silk as the electrode gel/paste we use may damage them
- Clean clothing for the morning after

- Light snack or breakfast bar

WHAT TO EXPECT DURING THE STUDY

- Prior to study initiation, you will likely be asked to fill out a form/questionnaire.
- You will have electrodes placed on various parts of your body (mainly your head, face, chest, legs, and/or arms) and be hooked up to a monitoring device. Belts will be placed around your chest and abdomen and sensors will be placed under your nose to monitor breathing.
- Go to sleep as you normally would at home.
- During the night, our sleep technologist will be available to assist you as needed and may check-in on you if there are issues related to the sensors.
- Be assured that we try to make this process as easy and safe as possible. If you have any concerns, refer to your technologist for assistance.

WHAT TO EXPECT AFTER THE STUDY

- You will be woken up at 5:00AM.
- All sensors and devices will be removed which may take anywhere from 15-20 minutes.
- A shower will be made available to you if you need.
- We may ask you to fill out a check-out form after your study. After you do so, you are free to leave. Your physician will follow-up with you regarding your results.

Location:

12321 Middlebrook Road, Suite 106
Germantown, MD 20874

