

OVERNIGHT SLEEP STUDY - PATIENT INSTRUCTIONS

IMPORTANT:

- **IF FOR ANY REASON YOU CANNOT KEEP THIS APPOINTMENT KINDLY GIVE THE OFFICE A CALL 48 HOURS BEFORE YOUR SCHEDULED APPOINTMENT DATE OR YOU WILL BE SUBJECTED TO A \$200 FEE.**
- **PLEASE NOTE: IF YOU REQUIRE A HOME HEALTH AID OR NURSE, THEY MUST ACCOMPANY YOU TO YOUR APPOINTMENT. OUR TECHNICIANS ARE UNABLE TO ASSIST WITH CATHETERS, INJECTIONS, DIAPER CHANGING)**
- **A PARENT OR GUARDIAN IS REQUIRED TO STAY FOR THE DURATION OF THE OVERNIGHT STUDY FOR PATIENTS WITH DISABILITY OR PATIENTS UNDER THE AGE OF 18.**

UNDERSTANDING A SLEEP STUDY

A sleep study is an overnight evaluation also called polysomnography, or PSG. Your sleep, breathing, heart rhythm and movements are recorded for an entire night using a variety of devices attached to your head and body.

WHAT TO EXPECT DURING YOUR APPOINTMENT

We have designed our new location to provide a five-star sleep-testing experience with a combination of beautiful bedroom design with sound-proof materials, ambient lights, fully customizable beds with massage option, Italian mattresses with luxury 5 star hotel linens, free internet access, and cable television in every room. The tests will be performed on the brand new Philips Respironics state-of-art testing equipment. All of the changes we implemented are aimed at providing maximum comfort for our patients and the best experience overall, which our friendly staff will ensure every step of the way. Our goal is to provide a pleasant stay to all our patients. If you need special assistance, please contact the center in advance at 416-256-0600.

Upon arrival, you will be fitted with multiple electrodes used to monitor your brain waves, eye movements, muscle tone, heart rhythm, breathing pattern, blood oxygen saturation, and leg movements. These electrodes will be connected to your arms, legs, chest and head using a special paste. This procedure is virtually painless and most patients sleep quite well with the monitoring equipment. The sleep technician will explain the procedure, and watch your sleep all night on the computer as well as on a video monitor.

Patients scheduled for a Multiple Sleep Latency Test (MSLT) require daytime testing and will receive a separate sheet with information about this test and specific instructions.

PREPARING FOR YOUR APPOINTMENT

- **Clean Hair** – Please wash your hair within 24 hours of your appointment. Avoid body lotion and excess hair products on the day of your study because it may interfere with the proper application/adherence of the sensors
- Please inform the night technician of any prosthetic devices you have, as well as dentures and hair pieces.
- **Caffeine** – Please do not consume any caffeinated beverages after 3:00 p.m. the day of your study
- **Alcohol** – Do not consume any alcohol within the day of your sleep study
- **Naps** – Please Don't take naps in the afternoon on the day of the study
- **Medication** - Take all prescribed medications unless otherwise instructed by your doctor. Avoid 'over the counter' medications on the day of your sleep study. **BRING ALL MEDICATIONS WITH YOU**, including any sleeping pills you may take. A list of all medications is necessary for your chart
- **Meals** - Eat a normal meal prior to your sleep study. Meals are not provided so bring a snack and non-caffeinated beverage with you, if desired. Food options are also available nearby. For patients having an MSLT it may be easier to bring food for the next day or money to order food

Please Bring the Following to Your Appointment:

- OHIP card
- List of medications (In case you take any)
- 2-piece pajamas or shorts and T-shirt to wear to bed (slippers and robe if desired)
- Any personal hygiene items such as a toothbrush and toothpaste
- You may want to bring a book, magazine, iPod or anything that will keep you occupied during non-sleep times.
- A change of clothes for the next day, if needed.
- **If using nasal CPAP, bring your mask and head gear.**
- Your completed **Sleep Diary and Requisition, if you have it.** This will become part of your chart
- Hat or scarf (there will be residue left in your hair from the electrode paste)

Other Instructions:

- **Valuables** - Do not bring a large sum of money or unnecessary jewelry with you to the Clinic
- **Illness** - If you develop an illness and feel you cannot attend, **PLEASE CALL US IMMEDIATELY** as the Sleep Lab requires 48 hours' notice of cancellation.
- **Parking** – Parking is available at no cost in front and behind the building
- In case the entrance to the building is closed, use the buzzer on the left side of the door to call the technician
- A day or two before the study, you will receive a reminder call

AFTER YOUR TEST IS COMPLETED

The technician will wake you up prior to 6:30 am at which point all wires will be removed. Shampoo, soap, and towels are provided for your convenience. Shower is available.

Please make sure you take all your personal belongings upon leaving. The Center is not responsible for any items left after your departure.

Many patients diagnosed with sleep apnea need an additional treatment night in the sleep laboratory. If that is your case, you will sleep with a mask attached to a device which helps you breath, called nasal continuous positive airway pressure (nCPAP).

**** Please note that the technicians are not allowed to discuss test results.**

Directions by car (parking is available in front and behind the building):

Take 401 West - exit 365 for Allen Road S, Merge onto Allen Rd, and then use the right 2 lanes to take the Lawrence Avenue E exit. Turn left onto Lawrence Ave W, then turn right onto Bathurst St. Your destination will be on the right.

Take 401 East –exit 365 for Allen Road S, Merge onto Allen Rd, and then use the right 2 lanes to take the Lawrence Avenue E exit. Turn left onto Lawrence Ave W, turn right onto Bathurst St. Your destination will be on the right.

Directions by subway & bus:

Take Line 1 (Yonge –University) Towards Glencairn Station. At the Glencairn Avenue exit from Glencairn Station take bus 14 towards East (Glencairn towards Davisville Station). Please stop off at Glencairn Ave at Bathurst St and walk for 3 minutes heading North on Bathurst street (turning left from the direction of the bus). Your destination will be on the left.

