



Patient Name: _____

Appointment Date: _____

Appointment Time: _____

PATIENT INSTRUCTIONS FOR OVERNIGHT SLEEP EVALUATION

Please review these instructions several days prior to your appointment and follow them closely on the day of your appointment to ensure the best conditions for your evaluation.

1. Do not take any naps the day of your study.
2. Limit your caffeine intake.
3. Bring nightclothes such as pajamas and slippers and a favorite pillow if you wish. All patients must wear sleep clothing: sleeping in underwear, negligees or nude is not permitted.
4. Bring items you will need to wash and dress in the morning, such as a toothbrush, clothing, shaving needs, denture cups, etc. Shower facilities are available in the Carmel lab, but not in the Lafayette lab.
5. If you need to awaken at a certain time in the morning, please let your technologist know. You will not need to bring an alarm clock.
6. If you work nights and are being tested during the daytime hours, it is extremely important that you stay on your usual sleeping schedule. Do not sleep the night preceding your daytime study. This could result in an inadequate study and might necessitate your having to come in another day.
7. It is important that you follow your normal sleeping schedules as much as possible. For example, if you are a 3rd shift worker, you should have a daytime study, as that is when you normally sleep. If you need to change your appointment, please call our office.

Overnight sleep evaluation description

The overnight sleep evaluation records many different measurements. This is accomplished by placing small electrodes on the head, face, chest and legs. Those placed on your head and around the face record brain activity, eye movements and muscle tone. These measurements allow us to determine your awareness, when you sleep and how deeply you sleep. The monitors by your nose and mouth record your breathing. Small patches will be placed below the knee to monitor leg movements. The electrodes on your chest will record heart rate and rhythm. Elastic belts will be attached around your chest and abdomen to record respiratory movements. Finally, a band-aid type probe will be placed on a finger to monitor the oxygen saturation in the blood. It will take approximately 30 minutes to apply these devices.

Get back to good night.™