



2680 Channing Way, Idaho Falls, ID  
Phone: (208) 523-7667 Fax: (208) 523-7668

**GUIDELINES FOR NIGHT BEFORE AND DAY OF YOUR SLEEP STUDY:**

- Try to get a normal night's sleep the night before your study.
- Do not nap during the day of your sleep study.
- Do not consume food or drink that contains caffeine for four hours prior to your test time.
- Please shower the day of your sleep study. Showering in the morning is preferable. The electrodes stick best if you have showered in the morning. If you need to shower right before you come in for your study, **DO NOT** use the following:
  - Lotions
  - Conditioners
  - Make-up
  - Moisturizers
- **FAILING TO SHOWER MAY RESULT IN RESCHEDULING OF YOUR SLEEP STUDY.**
- Take your regular medications, unless directed by your physician to do otherwise. Please keep record of the medications and time you took them. **IF YOUR PROVIDER PRESCRIBED SOMETHING FOR YOU, IT IS YOUR RESPONSIBILITY TO PICK UP THE PRESCRIPTION AND BRING IT TO YOUR SLEEP STUDY.** If you were not informed by your physician and/or have questions regarding your medications, please direct them to your physician **BEFORE** the day of your study. Please bring any medications you will need during your stay with us. **THE NIGHT TECHNICIANS CANNOT ANSWER ANY QUESTIONS REGARDING YOUR MEDICATION.**

**PLEASE INCLUDE THE FOLLOWING ITEMS IN YOUR OVERNIGHT BAG:**

- Loose fitting pajamas; preferably a two piece set. (i.e., shorts and a T-Shirt.) You will **NOT** be allowed to sleep in undergarments only. Please keep in mind that other patients will also be in for a sleep study so bring appropriate night wear.
- Please feel free to bring any personal belongings with you that may help you sleep more comfortably. (i.e., Favorite pillow, blanket, etc.)
- Keep in mind that video monitoring is used during the sleep study. If you need to change after your arrival, please do so in the restroom.
- If there is something that you do before going to bed, like reading a book or magazine, please feel free to bring it with you. Keep in mind though, **we do not have Wi-fi and we do not have televisions.**

## **TYPES OF IN-LAB SLEEP STUDIES**

- **Polysomnography (PSG)** - prescribed night in a sleep lab to monitor numerous aspects of sleep. The study will evaluate sleep stages and a comprehensive evaluation of apnea. It will also assist in the diagnosis of other disorders which may be present with excessive sleepiness, such as narcolepsy or periodic leg movement disorder.
- **Multiple Sleep Latency Test (MSLT)** –a daytime sleep study that involves a series of naps. This study assesses daytime sleepiness. A physician may order a MSLT to follow a PSG nighttime study or the daytime study may be ordered independently. The diagnostic equipment is less extensive than the nighttime study.

## **FAQs**

- **What types of signals are usually recorded?**
  - Brain Wave (EEG)
  - Heart Rate (EKG)
  - Eye Movements
  - Leg Movements Airflow
  - Breathing Effort
  - Oxygen Level
- **How can I sleep with all these electrodes attached to me?**
  - You will find that it is not as bad as it may sound. In fact, most people sleep quite well. The electrodes and other devices are applied in such a way that you can move pretty freely in your sleep without disturbing them. Although somewhat annoying, none of the devices are painful and a technician is available to help make you as comfortable as possible.
- **Will I be given any drugs to make me sleep?**
  - You will not be given any medications unless they have been ordered by your provider. IT IS YOUR RESPONSIBILITY TO PICK UP THE PRESCRIPTION AT YOUR PHARMACY AND BRING IT TO YOUR SLEEP STUDY. Please bring any medications that you normally take to your appointment if you will need them while you are here.
- **Will anyone be at The Sleep Specialists facility while I am sleeping?**
  - A trained technician will remain in the Control Room and monitor you continuously throughout your study. You will be able to page/call and the tech will respond as soon as possible. We will make every attempt to make your stay at The Sleep Specialists a pleasant one.

## **LOCATIONS**

- Idaho Falls- 2680 Channing Way; Phone: (208) 523-7667; Fax: (208) 523-7668
- Rexburg- 32 Madison Professional Park; Suite B; Phone: (208) 523-7667
- Blackfoot- 1443 Parkway Dr; Phone: (208) 523-7667