

Sleep Testing Information

Sleep Lab Testing instructions & FAQ's.

Instructions:

1. Please arrive on time for your sleep testing, we stagger our patients arrival so we can complete patient procedures prior to the arrival of additional patients.
2. Please wash your hair and scalp thoroughly prior to testing.
3. Please bring comfortable pajamas or sleep clothing.
4. Please bring any medications and sleep aids that will need to be taken during your testing.
5. We provide pillows and blankets, but feel free to bring your own pillow or blanket if you would feel more comfortable with your own.
6. Feel free to bring a snack or beverage with you; we do not provide any snacks or beverages, but we do have a refrigerator for such things.
7. Please alert your night-time technician to any of the following:
 - a. A preferred wake up time.
 - b. A need for medication refrigeration.
 - c. A need for telephone use, or technician contacting someone for you.
 - d. Help with dressing or undressing, restroom use or other special need you may have.

FAQ's

Q: Is there a shower facility in the sleep lab?

A: Yes, we have one shower available in the Sleep Lab, we encourage our patients to allow for enough time to shower at home following testing, but you may shower at the Sleep lab.

Q: Is breakfast provided following testing?

A: We do not serve any type of breakfast meal following sleep testing, but we do have a refrigerator on site for patient use.

Q: Does the sleep lab provide or administer medications?

A: No. The staff at the sleep lab will NOT provide or administer any type of medication.

Q: What time will I be free to leave the test facility?

A: Please let your technician know if you need to leave the testing facility at a certain time; otherwise wake up time is between 6am-7am and you should be free to leave no later than 8am.

Q: Will I leave the sleep testing facility with a CPAP device?

A: No, your physician needs to review your sleep study prior to any home use of CPAP.

Q: Is there a designated smoking area?

A: No, Due to the alarm system and patient sensitivities during your time here we ask that you don't smoke. If you need a nicotine patch, your physician can write a prescription for you.

Q: Can I bring my partner?

A: Yes, your partner is welcome to come with you but when your test starts, they're asked to leave.