



Q: What should I bring with me to the Sleep Center?

A: Bring any articles you usually use to prepare for bed, including toiletries such as toothpaste and toothbrush, hairbrush, shampoo, or anything else you may need. A shower with soap, hotel-sized towels, and washcloths is available for your use in the morning. You may bring a larger towel or your special pillow if you prefer. You may watch television or read up until it is time to turn out the lights.

Q: Can I get up during the night to use the rest room?

A: If you need to get up for any reason during the night, you may call the technician on duty at any time. It is not difficult to detach you from the recording equipment, and you should not hesitate to call us. However, you should not attempt to get out of bed on your own until the technician has detached you from the recording equipment.

Q: It is all right to take my medications?

A: Unless otherwise instructed by your physician, take all of your usual medications. Make a list of the medications you have taken on the day of your evaluation. If you take any prescribed medication around bedtime, it is important that you bring these with you to the Sleep Center or take them before you leave home. Medications will not be available at the Center. Please bring this list with you when you arrive for your test. DISCONTINUE ALL SLEEPING AID MEDICATION AT LEAST ONE WEEK PRIOR TO THE TEST, IF POSSIBLE. Sleeping pills will not be given to you for this test. If you have any questions regarding medications, please call our office.

Q: What should I wear to sleep in during my stay in the Sleep Center?

A: Feel free to sleep in whatever clothing you usually wear to bed at home. However, you should avoid tight-fitting sleep-wear and sleep-wear made of delicate fabrics. Two-piece apparel—a top with a separate bottom—is ideal. Gym shorts and tee-shirts are fine. If you are cold-natured please feel free to bring something warm to sleep in.

Q: Can I use lotions or moisturizers on my skin and hair before my evaluation? What about nail polish?

A: Please avoid wearing moisturizers for your skin or hair to the Sleep Center since these may interfere with the application of the recording electrodes. It is important that your hair and skin be as free of lotions, hairsprays, and moisturizers as possible. Please remove all braids and or weaves prior to your appointment. Remove nail polish and artificial nails from at least one of your index fingers.

Q: Can I drink alcohol or caffeinated beverages before coming to The Sleep Center?

A: Please do not drink any alcoholic beverages on the day you come in to the Sleep Center. Alcohol can influence the quality and type of your sleep. Also, it is very important not to have any caffeinated beverages at least 6 hours prior to your sleep study.

Q: Is it all right to bring food to the Sleep Center?

A: If you ordinarily eat a snack before going to bed, a refrigerator is available for your use. Please do not eat heavy or spicy foods immediately before retiring since this may cause you to have disturbed sleep.

Q: Should I change my bed time and arousal time prior to my sleep evaluation?

A: It is important to keep your normal sleep schedule and habits prior to your nighttime evaluation. It is especially important to sleep your normal amount on the night before your evaluation because changes in your usual sleep pattern can influence the results of your test.