

## **Sleep Study Patient Instructions**

Hello,

Thank you for scheduling a sleep study at Bailey Medical Center in Owasso, Oklahoma. Please arrive 30 minutes prior to your appointment time. Enter the hospital through the emergency room entrance and check in at the admitting desk. Once you are registered, our qualified sleep technician will bring you to the sleep lab for your sleep study. There, they will explain the set-up procedure and answer any questions you may have.

### **Prior to your appointment:**

- Read the sleep study patient instructions carefully and call our sleep lab if you have any questions or concerns.
- Complete all forms required and bring them with you on the day of your scheduled sleep study.
- Please give a 24 hour advanced notice if you need to cancel at anytime. For cancellations, call 918-376-8375, Monday-Friday, 8 a.m.- 5 p.m. Please leave a message if there is no answer and we will return your call as soon as possible.

### **What to expect during your sleep study:**

You will be given a private room with a comfortable bed. Each room has a private bathroom, cable TV and fan. Our technician will monitor your sleep throughout the night. During sleep testing, small metal disks (called electrodes) are applied to your head with adhesive. The adhesive is easily removed and doesn't damage your hair. The other electrodes are applied with EKG-type sticky pads. These are necessary to monitor brain waves (we do not read your mind or your dreams), muscle movements, breathing, snoring, and heart rate. Soft belts around your chest and waist monitor your breathing. A sensor attached to your finger monitors your heart rate and blood oxygen levels. The wires are gathered behind you in a ponytail and attached to a box about the size of a small tissue box. This will enable you to roll over and change positions easily. None of these devices are painful or dangerous and all are designed to be as comfortable as possible. The sleep technologist will be able to monitor you from a separate room.

### **What to bring with you the day of the sleep study:**

- Comfortable clothing to sleep in. Two-piece pajama sets such as a T-shirt & shorts/sweatpants work best.
- Anything you may need to get ready in the morning, such as a change of clothes or toiletries.
- A snack if your medical condition requires it.
- Bring ALL medications that you take with you, we do not provide any type of medication. You may take your medications as usual, unless instructed by your physician. If you take a sleeping pill at home, please bring it. DO NOT take your sleep medication until you have talked with your technician the night of the test. Over-the-counter sleep aides are OK. Or if you would like sleeping medication, contact your referring physician.

### **What to do the day of your study:**

- Avoid caffeine and alcohol the day of the test.
- Avoid napping the day of the test.
- Eat your normal dinner before you come in.
- Shower before your study. DO NOT use any lotions/oils on your skin. Please be make-up free.

- Wash and dry your hair. DO NOT use any hair products. All hair extensions must be removed prior to your study. The technicians will need to place adhesive (which is removable) to your scalp. Consider scheduling your hair appointment after your study.
- If you have a beard, please shave prior to your appointment.
- Please remove artificial nails and/or dark fingernail polish on your index finger prior to your appointment.

**When your study is finished:**

The technician will wake you up by 5 a.m. The study will be complete and you may get ready for your day. Expect to be discharged by 6 a.m. If you have made transportation arrangements, please arrange to be picked up between 5:30-6 a.m. If for any reasons your transportation is running late, you are welcome to wait in the main hospital lobby for your ride.

Your sleep study is part of a complex process. Your data collected in the sleep study will be processed or “scored.” A physician specializing in sleep medicine will interpret the information and may recommend a second night based on your results. All your information will be given to your referring physician and they will discuss your results with you.

**Please call us at 918-376-8375 if you have any questions.**

Bailey Medical Center Sleep Center Staff  
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918-376-8375 (Sleep Lab Phone)  
918-550-6516 (Fax)