

## **Sleep Testing Instructions**

Our priority is to maintain your comfort while obtaining the best test results for your sleep study. We ask for your full cooperation with the following instructions.

If your insurance requires a referral, please contact them immediately. It is your responsibility to obtain referrals and verify your coverage with your insurance. PSG  
95810 CPAP 95811

This is an **outpatient test**. Therefore, nursing services and medications are **not** provided by us. Please bring any medicine or food that you may need with you. A refrigerator is available for medication needs.

Maintain your usual daytime schedule on the day of your test.

**DO NOT** take any naps on the day of your test.  
**Avoid** unusual physical exercise or unusual meals.  
**Avoid** alcoholic beverages on the day of your study.  
**Avoid** coffee or beverages containing caffeine one day prior to testing.  
**Please** eat before you arrive.

**Please shampoo your hair and wash your face prior to arrival.** Avoid lotions and make-up. Do not use hair spray, hair conditioners or gels. Remove all nail polish, acrylics or gels on index fingers. Please speak to our staff prior to scheduling if you have any hair extensions or hair weave. This improves the quality of the study.

**Please bring appropriate bed clothes for sleeping**, such as pajamas or nightgown. You must wear a top and bottom. You may not go to bed wearing only underwear or shorts. You may bring a bathrobe and slippers if desired.

A private room with television, restroom, shower and linens are provided. Bring toiletries and a change of clothes if you wish. You may shower in the morning after your study is complete. *We are not responsible for any valuables; we recommend that you leave them at home.*

The sleep technician will prep you for your test by applying several small electrodes to your scalp with a paste. Electrodes will be taped near your eyes, nose and mouth, chest, legs, and arms (depending on the test ordered). This is a painless procedure and the skin is not broken. Let us know if you have any tape or latex allergies or any skin disorders.

An intercom is turned on in your room overnight so you may reach your technician.

The testing facility is non-smoking by law.