

- If you are used to reading a book before bed, bring that with you. If you are staying for daytime testing bring things to do.
- If you use oxygen, bring enough for the trip to and from home.
- You may wish to bring a favorite pillow.
- Do not take any naps the day of your sleep study.
- Do not have any caffeine 24 hours prior to your sleep study (i.e. coffee, tea, pop, chocolate, etc.).
- If you have a medical condition that requires snacks you will need to bring them with you.

#### ARE VISITORS ALLOWED DURING MY SLEEP STUDY?

No, unless special arrangements are made. If you need to contact someone a phone is available.

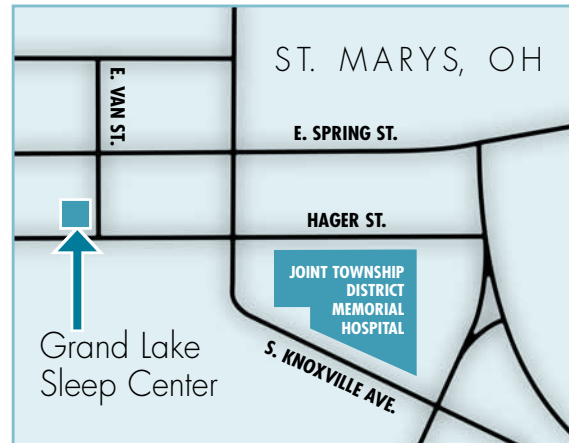
A child must be accompanied by a parent or guardian who will sleep in an adjoining room or waiting area.

#### ARE THE SLEEP SUITES COMPLETEY SOUND PROOF?

No. We have done our best to create a warm and quiet environment that is free from unwanted disturbances. However, on certain occasions outside sounds (i.e. sirens, car horns, etc.) can be heard.

DATE OF STUDY: \_\_\_\_\_

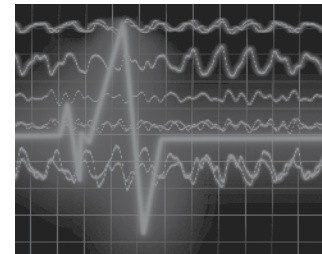
TIME OF STUDY: \_\_\_\_\_



#### DIRECTIONS

Grand Lake Sleep Center is located at 975 Hager Street, just west of the emergency entrance of Joint Township District Memorial Hospital. We are at the "T" of Van Street and Hager Street.

## GRAND LAKE SLEEP CENTER



INFORMATION YOU NEED TO KNOW  
ABOUT YOUR SLEEP STUDY

Accredited by  
the American Academy of Sleep Medicine  
For more information contact:



975 Hager Street  
St. Marys, Ohio 45885  
Phone: 419-394-9992 • Fax: 419-394-9627  
[www.grandlakehealth.org](http://www.grandlakehealth.org)



## WHAT DO YOU NEED TO KNOW ABOUT YOUR SLEEP STUDY?



### WHAT TIME SHOULD I ARRIVE FOR MY SLEEP STUDY?

You should arrive at 8:30 pm, unless other arrangements have been made. Parking is available at the front door. Please enter the single front door. A technician will be there to greet you.

### AFTER MY ARRIVAL, WHAT NEXT?

You will watch a short video in the patient lounge. You will then be taken to your suite. All suites are private. All rooms are furnished with comfortable queen-size beds.

You will be given some paperwork that will need to be completed and signed by you.

You will then be instructed to dress for bed. After dressing for bed a specially trained technician or board certified sleep technologist will apply sensors to the head, face, chest abdomen and legs. This application of the recording sensors is painless. State of the art equipment will monitor brain waves, heart rate, muscle activity, oxygen levels, eye movements and breathing during the sleep study.

### WHAT TIME IS BEDTIME?

In most cases, bedtime is 10:00 pm, unless there are specific orders for a late bedtime.

### HOW LONG IS A SLEEP STUDY?

Depending on your bedtime, the sleep study runs for 6 to 8 hours.

### WHAT TIME WILL I LEAVE THE SLEEP CENTER?

You will be leaving the sleep center between 5:30 and 6:00 am. If you need to leave before this time, please let our staff know so they can get you to bed earlier.

All patients must leave by 6:00 am, unless other arrangements are made prior to the sleep study.

We will provide you with a towel, washcloth and soap so you can wash before you leave.

### WHAT ABOUT MY REGULAR MEDICATIONS?

You may bring any medications you are currently taking unless otherwise instructed.

### WHAT IF I AM STAYING FOR DAYTIME TESTING?

Some electrodes will be removed. You will need to bring your own breakfast and lunch. We will provide refrigerator and microwave if needed. You should be able to leave by late afternoon.



### HOW SHOULD I PREPARE FOR MY SLEEP STUDY?

For our sensors to record properly:

- Shower or bathe before coming to the Sleep Center.
- Do not use any skin lotions or creams on your skin.
- Please have your hair dry and clean (free of any hair sprays, gels, oils or grease). No weaves or wigs.
- Men should have a well-shaven face because we will be applying sensors on the face and chin. If you have a beard, just be well groomed.
- Women should remove all make-up.

### WHAT SHOULD I BRING?

- Bring nightclothes, robe and personal toiletries. Do not bring silk or satin bed clothes. T-shirts and shorts are acceptable.
- You will not need an alarm clock.

*(Continued on back)*