

PREPARATION FOR SLEEP STUDY

If you need to cancel or reschedule your appointment for any reason, please call the Sleep Center directly as soon as possible. **Please call the Sleep Center at least 48 hours prior to your appointment.**

What to Bring

The Sleep Center's private bedrooms are similar to typical hotel rooms. The rooms are supplied with pillows, blankets, towels and washcoths. In addition, a private bathroom with a shower is available in each patient room. The shower can be used for washing up after the study is completed.

Below are some guidelines on what to bring with you for your study and some general instructions for your testing procedure.

You should bring:

- **Sleeping clothes**
Bed clothes are necessary – not optional. Please bring something loose and comfortable to wear during the sleep study, such as gym shorts and a T-shirt, sweat pants and a T-shirt, or pajamas/nightgown. Pants must be loose fitting and able to be pulled up to knee level easily for the electrodes to be applied. Please do **not** wear silky material. Hospital gowns are **not** provided.
- **Personal toiletries**
 - Bring any personal toiletries that you may want to use in the evening or morning, such as your toothbrush, toothpaste, hairdryer, hairbrush, contact lens products, denture receptacles, etc.
- **Medications you normally take**
This includes both prescription and over-the-counter medications. Technicians will not be able to dispense any medications. While here for the sleep study, you should continue taking all medications as you normally do. Do not stop taking any of your medications without first consulting your physician.
- **Change of clothes for morning or after the study.**
- **Insurance card**
- Optional items:
 - **Your pillow or other personal favorites**
You may choose to bring your own pillow, since some people sleep better with a familiar pillow. We also have pillows available for your use.
 - **White noise machines or fans**
Some patients use white sound machines or fans each night. If you have any favorite items, you may bring them with you. General purpose box fans are available for use.
 - **Reading material or something to keep you busy before bedtime**
 - **Snacks and decaffeinated beverages**
Patients that are staying for daytime nap studies (MSLT) are strongly urged to bring snacks, lunch and decaffeinated beverages of their choice for meals between naps during the day. There is a refrigerator available for use during your stay. **If you are diabetic, or on a restricted diet, please bring any food items you will need with you.**

Do not bring:

- Valuables or a lot of cash. (You may want a few dollars to purchase breakfast after your sleep study.)
- Cigarettes, cigars or pipes. Smoking is not permitted anywhere in Central DuPage Hospital. (you may smoke in your car, if necessary, before the study.)

How to Prepare

- Please make sure your skin and hair are clean when you arrive. Please do not use any heavy or thick lotions or hair products before your sleep study appointment. Washcloths and towels are available upon your arrival at the center to remove any remaining makeup or lotion before your study begins, and for cleanup following the study.
- **Please let the technician performing your test know if you will be showering in the morning following your study.** We schedule patients in order to obtain a certain amount of total recording time. The technician will need to adjust your bedtime and rise schedule to allow adequate time for showering and getting ready in the morning, if needed.
- **The Sleep Center closes at 6:00 a.m. following the completion of studies each morning (excluding day studies).** Patients relying on transportation need to make arrangements to accommodate a pickup time of no later than 6:00 a.m. Technicians are not allowed to leave patients unattended in the Sleep Center. Please have someone available to help you get in and out of the center, if needed.
- **There are NO special diet restrictions for the testing procedure.** Patients are encouraged to eat and drink anything they would normally ingest before their sleep study. This includes alcohol, if that is what you're used to.