

PERSONAL HYGIENE

Electrodes will be placed on your head and body. For them to remain in place and function properly, your skin must be clean and dry. Please do not apply any skin moisturizers, creams or oils. Your hair also must be clean and dry. After shampooing your hair, do not apply any hairdressing such as hair spray, mousse, gel, oil, or cream. Shower facilities will be available for you to use after testing is completed. Please bring your own toiletry items such as soap, shampoo, conditioner, hair dryer, deodorant, toothbrush and toothpaste. Towels and washcloths will be provided.

BED CLOTHES

Women:

Please wear loose-fitting pajamas with buttons down the front, or a button-down shirt with sweat pants or shorts. Avoid wearing any revealing clothing, as others are often present. Do not wear one-piece gowns, jumpsuits, tight garments, or anything silky or slippery.

Men:

Please wear either pajamas or a t-shirt and shorts or sweat pants. **UNDER-CLOTHES ALONE ARE NOT ACCEPTABLE.**

Children:

Please wear two-piece pajamas that button or snap in the front or back. Please do not bring one piece pajamas or pajamas that pull over the head.

OTHER INFORMATION:

- Bring your own pillow(s) if you feel that you will sleep better with them.
- Please leave all valuables at home. You may want to keep a small amount of cash (\$10) for meals or snacks, if necessary.
- Bring all sleep logs, diaries, and questionnaires with you.
- Do not take any naps during the day of your sleep study.
- Sunday night patients: Please show up at your specified time of arrival. If the doors are locked, please wait by the door and a sleep technician will be with you shortly.
- Do not bring an alarm clock or watch with you, as you will not be permitted to observe the time while in bed.
- Eat a full, regular meal before arriving at the Sleep Center. On the day of your sleep study, avoid eating or drinking any caffeine, including coffee, tea, sodas, and chocolate, especially after 9:00am.
- With the exception of daytime tests (MSLT, MWT), the Sleep Center does not provide meals. You may bring your own snacks and beverages as long as they are caffeine free.
- If someone is picking you up in the morning, he or she should arrive at the Sleep Center between 6:30am and 7:00am.
- Daytime (MSLT, MWT) patients should be prepared to stay that evening and the following day until 5:00pm.
- Children may bring familiar objects to help them sleep, such as toys, pillows or blankets, storybooks, videotapes, pacifier or bottle.

MEDICATIONS:

- Please continue to take your medications as prescribed unless you are instructed to do otherwise.
- When you come to the Sleep Center you should bring any medications you might need during your stay.
- A list of all medications, or the medications themselves, especially if you are diabetic, have a heart condition, or high blood pressure. NO medicine will be provided.
- The times you took your medication(s) on the day of your sleep study.

