



How to Prepare for Your In-Lab Sleep Study

Two weeks prior:

- **CAFFEINE/ALCOHOL:** If you consume caffeine or alcohol regularly, it is important to slowly taper down your use over a period of one to two weeks before the test to help avoid problems such as headaches that can occur when you stop too suddenly.
- **FOOD:** Please contact us if you have any dietary restrictions. Breakfast snacks will be provided after your nighttime sleep study and lunch will be provided if you are instructed to stay for nap sleep studies.
- **MEDICATION:** Certain medications may interfere with the test results. Medications may stay in your system for one to two weeks after you stop taking them such as sleeping pills, decongestants, antihistamines (anti-allergy medications), anti-depressants, muscle relaxers, pain-killers and any other medicine that may cause sleepiness or hyper-alertness. If you need to take any medications during your stay in the sleep laboratory (both prescription and/or over-the-counter), please bring the medication with you in the original container(s). No medication will be supplied by our staff. You should continue your usual medication(s) unless your doctor wants you to stop them. Please ask your doctor. DO NOT stop taking any prescribed medication without checking with your regular doctor beforehand.

Day of:

- Please refrain from the intake of alcohol and caffeine on the day of the test. This includes coffee, tea, soft drinks with caffeine, chocolate, etc.
- Please leave valuables at home.
- Things to bring along
 - Loose, comfortable nightwear if you have an additional night test.
 - Loose, comfortable daytime clothing for the day of the test.
 - Something to do. We have very limited cable TV channels. You are welcome to bring books, laptop computers, magazines, crossword puzzles, handheld games or other diversions for the “waiting periods” you will experience during the day.
- Schedule
 - 8:00 p.m. – Arrive for overnight sleep study
 - 9:30 p.m. - 10:30 p.m. – Overnight recording will begin sometime within this hour.
 - Approx. 5:30 a.m. – Overnight sleep study will typically end at this time and you may get dressed. Breakfast snacks will be provided. If a series of nap sleep studies are going to be done, the technician will inform you at this time and if not, you will be discharged from the lab.
- Nap Sleep Studies (*Day Study from 7:00 a.m. – 4:30 p.m.*)
 - You will begin a series of 4-5 nap opportunities every two hours
 - Your lunch will be provided (*please contact us if you have any dietary restrictions*)
 - Discharge from the lab typically will occur by 4:30 p.m.