

# PREPARING FOR A SLEEP STUDY

## Central Virginia Sleep Center

### 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 properly, your skin must be clean and dry. Your hair also must be clean and dry. After shampooing your hair, do not apply and hair dressing such as hair spray, mousse, gel, oil or cream. Shower facilities are not available.

### 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 and 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.

### • UNDERCLOTHES ALONE ARE NOT ACCEPTABLE •

### OTHER INFORMATION:

- Please leave all valuables at home.
- Bring your own pillows if you feel that you will sleep better with them.
- Bring all sleep logs, diaries and questionnaires with you if applicable.
- Do not take naps during the day of your sleep study.
- 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 regular meal before arriving at the Sleep Center. On the day of your sleep study, avoid eating or drinking any caffeine, including coffee, tea, soda, and chocolate after 4:00 pm.
- 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 6:00 am and 6:30 am.
- Daytime (MSLT, MWT) patients should be prepared to stay the evening and the following day until 5:00 pm.
- Please continue to take your medication 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 medication will be provided by Central Virginia Sleep Center.
- Feel free to call if you have any other questions or concerns 540.656.2811\*

\*No other fee applies.