

**GEORGIA TESTING INSTRUCTIONS AND DIRECTIONS**

Please arrive for your scheduled test at 8:00 pm on \_\_\_\_\_

Thank you for choosing Memorial Regional Sleep Center. We hope this instruction sheet will help prepare you for your stay with us. The rooms at the sleep center are set up like a home bedroom environment. Each room has cable TV and your own private bathroom. You are more than welcome to bring your cell phone with you, but you will be asked to turn the phone off at the time your testing begins. All tests are started at 10 pm and your technologist will wake you between the hours of 5 am and 5:30 am (unless other arrangements have been made by your physician prior to testing).

**SLEEP STUDY PREPARATION:**

- Please do not bring valuables with you to the sleep center.
- **Please eat dinner before you arrive for testing. You may bring a light snack with you if necessary. Please note...We only have water available.**
- Please bathe, wash and dry your hair before coming in for your sleep study. It is very important that your scalp and skin are clean and free of oils, make-up, and moisturizers. These substances do impact the setup and study.
- Please do not use any **leave in** hair conditioners (you may use conditioner if it is rinsed out). Please do not use any hairspray, hair oils, gel, or mouse in your hair the day of your sleep study. Please have hair pieces and extensions removed prior to testing so we can assure an accurate contact to your scalp.
- Please remove nail polish and artificial nails prior to testing.
- **Gentlemen**—If you have a beard or mustache, it is not necessary for you to shave them off prior to your study. If you do shave on the day of your study, please do not apply any moisturizers to your face.
- Please bring something comfortable to sleep in for your testing. You can wear T-shirt and shorts or pajamas. We do ask that you wear a shirt and shorts or pants to sleep in. If you wear a gown, we request that you wear shorts or pajama pants as well. You are more than welcome to bring slippers and a robe.
- Continue to take all prescribed medications and over the counter medications as you normally would, unless otherwise specified by your physician. We will need for you to bring all prescription bottles of the medications that you take daily. Your technologist working with you will need to verify your medications upon your arrival to the sleep center.
- Your time with us is limited. We ask that you do not drink caffeine after 12 noon on the day of your test. We also ask that you do not drink alcohol on the day of testing.

**WHAT TO EXPECT ONCE YOU ARRIVE TO THE SLEEP CENTER:**

Once you arrive at the sleep center, you will be asked to complete some paperwork and sign consent forms. The sleep study does involve digitally recording your night's sleep. Due to this, there will be a video release form that will need to be signed. We will be recording many physiologic channels during the night (brainwave activity, airflow, respiratory effort, oxygen levels, EKG, and body movements). The hook-up will take approximately 30-45 minutes. Each technologist will have 2 patients and their time will be divided between you and another patient. Your technologist will be able to assist you with any needs you may have throughout the night. Once we wake you in the morning, the wires will be removed. You can then shower and prepare to leave unless your physician has ordered additional daytime testing.

**CANCELLATIONS:**

If you need to cancel or reschedule you scheduled testing, we ask that you contact the Sleep Center at least 48 hrs prior to your scheduled test. **Please call 423-495-2394 or 423-495-2395 between 8 and 4p to reschedule.**