

CRDAMC SLEEP DISORDERS CENTER

In-lab sleep study instructions

PATIENT NAME: _____ DATE OF SLEEP STUDY: _____

Check in @ 7:45 PM

Preparing for your sleep study procedure:

1. Please do not consume any caffeine after 12:00 PM on the day of your sleep study. This includes coffee, tea, sodas, chocolate, energy drinks, caffeine pills, and/or pre-workout supplements. Do not consume alcohol. Do not take any naps on the day of your sleep study.
2. Prior to your study, you may shower and wash your hair with shampoo only. Dry your hair and do not apply any hair sprays, oils, gels, make-up, or body lotion. Hair needs to be chemical free. Please refrain from wearing hair extensions and artificial (acrylic, gel, etc.) or polished nails on your index finger(s). If used, they could interfere with the sensors during the sleep study. You may shave as normal.
3. Please eat before arriving to the lab. You may bring your own snacks and drinks. There is a vending machine available in the lobby that you can use at your expense.
4. Packing list to bring with you to the sleep lab.
 - a. Bring towels/washcloths as they are not provided. Bathrooms and showers are available at the lab.
 - b. Bring your own toothbrush and toiletries.
 - c. Bring comfortable cotton pajamas or shirt/shorts - no silk/dri soft or flannel material. No hoodie jackets. No tight leggings that cannot be pulled over the calf.
 - d. Bring a change of clothes for the morning.
 - e. You may bring reading material and electronic devices with chargers. There are no televisions available in the rooms. You may connect to the DHA-Guest Wi-Fi following the prompts.

*****Do not bring your own pillow and/or a blanket due to infection control policies.**
5. No spouses or children are allowed to stay with you at the sleep lab.
6. Bring all prescribed medications that you are required to take at night and in the morning.
 - a. Take all your medications as directed on your prescription bottle.
 - b. Do NOT take any sedating medications prior to your arrival at the sleep lab. You will take these medications after you have been checked into the sleep lab.
 - c. We do not have a patient fridge for medications that require refrigerating. Please take these medications prior to your arrival or you may bring your own cooler to keep your medications cold.
 - d. All medications must be in the original bottle for ease of identification/verification by night technologist. No medications will be administered by the sleep technologists.
7. CPAP/BILEVEL - please bring your mask and headgear. If you have special needs or concerns, tell the Sleep Disorders Clinic staff prior to your arrival.
8. Oral appliance trays – please bring ALL of your trays to your sleep study. Please ensure that all trays are in their appropriate containers and labeled so that the technologist can readily identify your trays on the sleep study report.

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Arriving to the Sleep Disorders Center Lab:

Report to the CRDAMC Sleep Lab waiting room, Darnall Hospital, 5th floor at 7:45 PM. The phone numbers are: 254-553-1976 or 254-553-3823.

The sleep technologists will greet and lead you to the patient room where the sleep study will be conducted. You will be educated on the sleep study procedure/equipment and will fill out all necessary paperwork.

Please confirm your wake-up time by informing the technologist if you have early-morning commitments. Please inform your technologist if you need to shower prior to leaving the lab. You will be woken up at approximately 4:45 AM and are free to leave immediately afterwards. The sleep lab closes at 6:00 AM.

Sleep study procedure: The technologists will apply leads to your head and body using tape and/or glue. Please let the technologist know if you have any skin sensitivities to adhesive. Once the procedure starts, the technologist will monitor your sleep. The technologist will be located outside of the patient room at the nearby workstation. There is an audio system that allows you and the technologist to communicate with one another. A low-light video camera will record your sleep activity. During the initial phases of the study, the technologist may ask you to follow specific commands. During a period of the study, you will be asked to lay flat on your back. If you have special needs and/or concerns regarding lying flat, please inform the technologist prior to the study starting. At some point during the study, you may be able to change sleeping positions if needed.

Restroom: There is a restroom located in every patient room. Simply inform the technologist by verbalizing aloud that you need to use the restroom. The technologist will enter your room and disconnect the leads.

Sleep study follow up for results: Please allow a minimum of 15 business days prior to contacting the CRDAMC Sleep Disorders Center to schedule an appointment to review your results.

Clinic Hours

Sleep Clinic

Monday - Friday

7:30 a.m. to 4:30 p.m.

Closed on 3rd Friday afternoon and all major holidays

Clinic Phone Numbers

- 254-553-7070
- 254-553-0103
- 254-553-0671
- 254-553-3779