

PREPARATION CHECKLIST

How should I prepare?

- Bathe and wash your hair before your arrival.
- Do not use hairspray, gel or any other products in your hair. Let us know in advance if you have a hair weave as it may need to be removed before the test. (NOTE: A petroleum jelly-based substance will be used to adhere the leads to your scalp.)
- Do not use any lotion, oil or cream on your skin.
- Do not nap on the day of your sleep test. (Children should not nap within 4 hours of their sleep test.)
- Do not consume caffeine or alcohol on the day of your sleep test. (You may eat as usual.)

What do I bring with me?

- Your completed questionnaire, if you haven't mailed it in.
- Your insurance card and identification.
- Loose-fitting, comfortable sleepwear (sleepwear must be worn).
- Personal toiletries.
- Your usual nighttime and morning medications, if any.
- Pillows and blankets are provided but you may bring your own if desired.
- Bring a snack if you desire.
- There is a television available in each room. You may also bring your own books or magazines.

What time should I get there?

You will be scheduled to arrive at 8-8:30 pm.

How long will I be there?

Plan to be at the Sleep Disorders Center for 9 to 12 hours.

How do I get there?

Personal vehicle

3839 Flatlands Avenue is near the intersection of Flatbush Avenue. A secured parking lot is available behind the building.

Bus

Take the B41, B82, B7 or B9 to the Flatbush/Flatlands Avenue bus stop.

Subway

Take the 2 or 5 train to the Flatbush Avenue/Nostrand Avenue station. Transfer to the B41 local bus and get off at the corner of Flatlands Avenue. (The B41 Limited stops at Kings Hwy., 1 block away.)



What if I don't feel well that day?

If you are sick, please contact the Sleep Center by 3:00 pm at (718) 252-1117.

What if I need to cancel?

Please call 24 hours in advance if you need to cancel or reschedule.

SLEEP DISORDERS CENTER

An Affiliate of SUNY Downstate Medical Center

Phone (718) 252-1117 • Fax (718) 252-4185

What to Expect

Before, During and After



Your Sleep Study



Sleep Disorders Center

Sleep Medicine Specialists for Adults and Children

3839 Flatlands Avenue, Brooklyn, NY 11234
Phone (718) 252-1117 • Fax (718) 252-4185

FREQUENTLY ASKED QUESTIONS

Tell me about the sleep study?

Nocturnal polysomnography (NPSG) is a diagnostic procedure that entails recording your brain wave activity (EEG), heart activity (EKG), eye movements (EOG), leg movements, muscle tone, oral and nasal airflow, snoring, respiratory movements of the chest and abdomen, and concentration of oxygen in blood during your sleep.

The goal of this study is to assess one's sleep patterns as well as bodily functions throughout the night. The NPSG will be able to pinpoint the causes of your potential sleep disorder.

You will be videotaped during your sleep test for medical purposes only. Each tape is erased after being viewed by the Medical Director.

When will therapy be started?

If the testing process indicates significant sleep problems, therapy may be started during the test or a follow-up test may be scheduled. Your technologist will explain to you the different types of therapy you may receive, such as Continuous Positive Airway Pressure (CPAP).



NOTE:

Children under the age of 18 must have one parent or guardian stay with them during the test.

What should I expect?

Once you have arrived and the necessary pre-test paperwork has been completed, the technologist will proceed with attaching the monitoring leads.

These monitoring leads will be placed on your scalp, face, chest and legs; two belts will be placed around your chest and abdomen; one sensor will be attached in front of your nostrils; and a small sensor will be attached to a fingernail. The leads are attached to the outside of your body with a combination of tape, paste and Velcro strapping, much like an EKG. (If you have a sensitivity/allergy to medical tape or adhesive, inform the sleep technician. Arrangements can be made to use other products.)

This process takes approximately 45 minutes to 1 hour to complete. During this time the technologist will educate you about sleep-related matters and answer any questions you may have.

How will I be able to sleep with all these things on me?

Surprisingly, the vast majority of people are able to sleep as comfortably as they always do. The body sensors and electrodes are applied so that you may turn and switch positions in bed as you normally would. This is a non-invasive procedure, no needles will be used, and the procedure will be painless.

Do I go to sleep right away?

Generally two patients are tested each evening per technologist. There will be a 1-hour gap between the time the leads are attached and the time you go to bed. During this hour, you may read, watch TV or relax in your room.

When the technologist puts you to bed and attaches the final leads, you will be asked to make different body movements to ensure proper signal quality. These are called biocalibrations and take 5 to 10 minutes to complete. Once this is done, the lights will be turned off. Generally, lights will be turned off and the test started at approximately 10:30-11:30 pm.

What if I have a question or problem during the night?

You will be able to speak to the technologist through an intercom system. If you need to go to the bathroom or have any other requests, simply let the technologist know.

The technologist may need to come into your room periodically during the night to make minor adjustments to the leads.

Please expect this to happen and don't let it startle you. You will not be disturbed unless absolutely necessary.



What happens in the morning?

The study lasts between 6 and 8 hours from the time the lights are turned off. No drugs will be administered before, during or after the study. Normal wake-up time is 5:30 to 6 am. (If you need to get up sooner, arrangements can be made to accommodate your request.)

In the morning, at the end of the study, the wires will be removed and you will have two forms to complete. If therapy was started during your test, the technician will explain your options and answer any questions you may have regarding purchase of the equipment.

You may then use your private shower facilities and prepare to leave.

What happens afterwards?

The results of your sleep study will be faxed directly to your referring doctor and you should discuss the results with him. Further medical advice will come from your doctor, not from the Sleep Center.

If a follow-up test or appointment is needed, a member of the Sleep Center staff will contact you.