

# How to Prepare for a Sleep Study?

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## Preparing for your Nighttime Sleep Study:

- 1) Arrive to the Sleep Disorders Center at 8:00 p.m. for nighttime studies. Your sleep study will conclude around 5:00-5:15 a.m. and you are ready to leave the Sleep Center around 5:45 a.m.-6:00 a.m.
- 2) Wear something loose and comfortable to sleep in
- 3) Take your medications, as usual, unless instructed otherwise by your physician
- 4) If you take a sleep medication at night, bring it with you to the Sleep Center **or** if you think you will require a sleep medication, call the Sleep Disorders Center at 330-263-8400, so our personnel can secure a sleep aid from your primary or a sleep specialist ahead of time for your sleep study.
- 5) The Sleep Disorders Center furnishes pillows and blankets; however, if you have a preferred pillow or blanket you would like to use, bring it with you
- 6) Hair must be clean, dry, and free of hair products
- 7) If you need "special assistance," (such as help ambulating or going to the restroom), please call the Sleep Disorders Center at 330-263-8400 to notify our staff.
- 8) Make sure to bring your insurance/medical card, medication list, and driver's license, as they may need to be copied.

## Preparing for your Daytime Sleep Study:

- 1) Arrive to the Sleep Disorders Center at 8:00 a.m. Daytime studies are concluded anywhere from 3:00 p.m.-4:45 p.m.
- 2) Make sure hair is clean, dry, and free of products
- 3) Take your meds, as instructed by your physician
- 4) If you need "special assistance," (such as help ambulating or going to the restroom), please call the Sleep Disorders Center at 330-263-8400 to notify our staff.
- 5) Make sure to bring your insurance/medical card, medication list, and driver's license, as they may need to be copied.