



## Preparing For Your Sleep Study - READ CAREFULLY

Your Sleep Study is at \_\_\_\_\_ pm, on \_\_\_\_\_.

### Where does my overnight sleep study take place?

Your overnight sleep study will take place at the comfortable Sleep Center of South Orange County. The address and phone are:

**Sleep Center of South Orange County**  
27882 Forbes Rd, Suite 202  
Laguna Niguel, CA 92667  
Phone: 949.857.1111

### What time do I need to arrive?

Sleep studies begin at 9:00 pm and 9:30 pm. Your time is written at the top of this document.

*It is very important that you arrive on time.*

### What is an overnight sleep study?

An overnight sleep study is a diagnostic test that measures several physiological attributes used to identify different sleep stages and classify various sleep disorders. Small sensors are connected throughout the body and the data gathered from these sensors is monitored and recorded. All information gathered is analyzed and stored by a computer. This is neither painful or invasive in anyway.

### What will happen during my study?

While the patient is sleeping, the sleep technician is monitoring the patient via the connected computer. If a respiratory or breathing problem is observed during sleep, the patient may be woken up to try a device that treats breathing problems. This device is a Continuous Positive Airway Pressure (CPAP) device which includes a small mask that fits around the nose.

### Should I take my regular medication the night of the study?

YES. The patient should not discontinue any prescription medication without consulting his/her doctor first. It is however important that the patient write down in the questionnaire that he/she is given before the study, any medication that is being taken.

### What should I DO / NOT DO on the day of the study?

It is important that the patient's hair is clean, dry and free of products for the study. Please remove nail polish, hair pieces and don't wear perfumes or lotions. The patient should preferably not take any naps on the day of the study. It is advised that the patient eat dinner before departing for the sleep study, but a snack can be brought to the facility if desired. Caffeinated beverages should be avoided 12 hours prior to the study. No alcoholic beverages should be consumed on the day of the study.

### What should I wear and/or bring with me to my study?

You will have an opportunity to wash up and get yourself ready for bed, but please shower before you arrive if necessary. Please bring clothes that are comfortable to sleep in. Further, you will have an opportunity to use the room and bathroom in the morning to get yourself ready for work. Please note that there is not a shower on the premises. Please bring all relevant items. Also, you may bring your own pillow and/or blanket if you wish.

### What happens after my Sleep Study?

After a sleep study is finished, all results will be forwarded to your physician or a board certified sleep specialist for interpretation. Within 1-2 weeks of the study, a report will be sent to the patient's physician. We advise our patients to schedule a follow-up appointment with their referring physician 12-14 days following their sleep study. At this time your physician will go over the results with you.

**There is a \$100 CANCELLATION FEE for studies cancelled within 48 hours of scheduled time. This is an out of pocket expense of which your insurance will not pay.**

