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Menlo Park
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INFORMATION ABOUT YOUR SLEEP STUDY APPOINTMENT

Welcome to the Bay Sleep Clinic. If you have any questions regarding your overnight stay after reading the following material, please call our clinic and we will answer any questions or concerns!

- **Why should I have my sleep recorded?**

Disrupted sleep can disturb daytime activities and some medical problems during sleep that pose a risk to your basic health. These parameters are recorded to obtain objective information about the quality of sleep to better define your sleep problem.

- **What will be measured?**

The most basic test is called a polysomnogram, or PSG. During a PSG, we measure your body functions while you sleep. Tests vary depending on the individual case, and some measurements taken may include:

- Brain waves (EEG)
- Heart Rate (EKG)
- Eye Movements (EOG)
- Limb Movements (EMG)
- Blood Oxygen (SpO2)
- Esophageal pressure (PES)
- Breathing (nasal/oral) and bands around the torso to measure movement
- Other functions to possibly measure: CO2, Ph, and impotence.
- A video recording may be done under certain circumstances.

- **Will I be able to sleep?**

Contrary to what you might think, most people sleep well during sleep studies. Body sensors are applied in a manner that will allow you to turn and move during sleep. If you need to get up and move anytime during the test, your technologist will help you unplug from the equipment. This is merely a recording of your sleep, not a performance test. So, relax and try to make the best of a night out!

- **What to expect the night of my study?**

Once you arrive, you will be asked to complete a short package of questionnaires after you have been shown to your room. Your technologist will explain the hook up process and answer any additional questions you may have. After your test is finished, you will be awakened around 6AM and you are done!

- **How to Prepare?**

We will be attaching electrodes to parts of your head, face and body to monitor your sleep. To establish best contact for the electrodes, we need your skin and hair to be clean and dry.

- Please shower before coming to your appointment
- Please do not use any heavy hair products, body lotions, or make-up

It is very important to follow these instructions. This will allow us to gather the best data from your visit and minimize the chances of having to re-do the test due to electrode contact issues.

- Please refrain from drinking heavy alcoholic or caffeinated beverages 2 hours before you arrive.

- **What to bring?**

- Nightclothes are a must! Please bring a two-piece set such as shorts and a t-shirt, or pajamas.
- Personal toiletries (toothbrush, comb etc.)
- Your insurance card
- ANY NEEDED MEDICATION! Do not discontinue any medications prior to your appointment without consulting your physician.
- If you are using a CPAP/BiPAP, please bring your mask with you.
- We provide fully equipped sleeping rooms. You can bring your favorite pillow or anything to make you feel more at home.
- Something to read or to work on before you go to bed. Rooms are equipped with TV and DVD players. You may bring your own video to watch if you wish. There is no cable.

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- **What happens to the study afterwards?**

The recordings of your sleep study will be stored permanently at Bay Sleep Clinic. It will be analyzed and interpreted by a physician. The information will then be forwarded to your referring physician. You will be contacted as soon as your results have been completed. Your physician will go over the results of your study with you and explain a possible treatment plan.

- **Please do not bring valuables to the overnight testing.**

Bay Sleep Clinic is not responsible for lost or stolen items.

- **Cancellation Policy**

All cancellations must be made 24 hours in advance or a \$100.00 penalty will apply.

- **IMPORTANT – if you have any special needs such as supplemental oxygen, wheelchair access, or a caregiver/guardian to accompany you at your appointment, please notify Bay Sleep Clinic before your appointment so further accommodations can be made.**

- **Directions:**

Please see www.baysleepclinic.com for directions to the clinic you are registered for.