

# Polysomnogram

**Please review 48 hours prior to your study**

## **About the Polysomnogram Study:**

A polysomnogram is an overnight observational study utilized to evaluate a variety of sleep disorders, including obstructive sleep apnea, periodic limb movements of sleep, narcolepsy, and excessive sleepiness, unusual nocturnal behaviors, and insomnia. You should arrive at the lab at 9 pm and plan on remaining until about 6:30 am the following morning. Please notify the staff in advance if this does not correspond to your usual sleep-wake schedule. Monitoring devices will be placed to measure your respirations, chest movements, eye movements, limb movements, blood oxygenation, heart rate, and brain waves. Despite the monitoring equipment, most patients do not find it to be as difficult to fall asleep as they expect.

## **Before the Study:**

1. Wash your hair well within 36 hours prior to testing.
  - a. Do not apply hair products or body lotion.
  - b. You may shower in the laboratory before leaving in the morning.
2. Please eat a regular dinner before coming into the lab.
3. Limit caffeine to 1 beverage before noon on the day of the test. If you drink more than 2 caffeinated beverages / day, it is advisable to wean yourself off over several days to avoid rebound headaches.
4. Avoid all alcoholic beverages for 24 hours prior to your test
5. Please bring pajamas, toiletries, a good book, a favorite pillow, an iPad or kindle, and any other items that will make you feel more relaxed and enhance the possibility of recording a representative night's sleep. We do have Wi-Fi for you to use.

**PLEASE call and schedule a follow-up appointment with your referring physician to go over the results of your study. Your physician will have the preliminary results 5 - 10 working days following your study.**

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