

## Sleep Study Instructions

If you have ANY questions prior to your study or need to reschedule, please call the office at 913-322-7401 during business hours from 09:00 AM to 4:30 PM.

You will be called prior to your scheduled sleep study appointment as a reminder.

Appointment date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

### **PARKING**

Please park on the North side of the Facility (the side closest to the lake). Please use the sidewalk and ring the doorbell on the right side of the double glass doors. Someone will let you in to begin checking in. Please arrive 5-10 minutes early for check in.

### **ARRIVAL**

Upon arrival, you will be greeted by a technologist at the north door who will have you complete several forms and a bedtime questionnaire prior to attaching your sensors and monitors. If you downloaded the sleep study forms off the website DO NOT FORGET to bring them with you to save time. You will typically be ready to sleep by approximately 9:30-10:00pm and we ask that you try to go to sleep as early as possible so that we can maximize the time we have to collect the data. The study will be completed by approximately 5:00am. At this time you will be disconnected from your monitoring equipment and asked to complete a brief post study questionnaire. Although these bedtimes may not be typical for you, they are required for us to conduct the testing in the best manner possible. If you are unable to keep this appointment or should need to reschedule, please do so within at least 48 hours prior to your appointment, whenever possible. Call 913-322-7401 during business hours 9:00AM to 4:30PM.

### **PREPARATION**

Things to make your study successful and your stay more comfortable:

- € You are welcome to bring pillows, blankets, a radio, fan, or anything else that aids you in your sleep.
- € Please wear sleep attire that is loose and comfortable.
- € Do not use any waxes, gels, hairspray, or any hair products that would affect probe placement for your sleep study.
- € DO NOT FORGET to bring with you any of the website or mailed forms with you to save time and reduce the amount of paperwork you will need to complete.
- € You must come alone to your sleep study. No one is allowed to wait at the hospital during the study and no visitors are allowed over night.
- € You will be typically woken up around 5:00am to conclude the study, however this time may vary depending on the start time (when you fell asleep) and if enough meaningful data was collected.

- € You will have some residual waxy substance in your hair after the study, but it is water based and will wash out easily. Bring any toiletries that you would need for an overnight stay (for ex. hotel stay), only towels are provided and facility showers if you choose to use them.
- € No food or beverage is provided, so it is a good idea to bring any drinks or snacks you would like for the evening. We recommend that you eat prior to arriving for your sleep study, since food/beverages will not be provided.
- € Any prescription medication that you normally take during the time you will spend with us should be continued as usual, unless otherwise instructed by your physician
- € Avoid alcohol and caffeine (coffee, tea, soda, and chocolate) on the day of your study.
- € Avoid taking a nap on the day of your study.

**We look forward to assisting you in improving your health and wellbeing.**

**Feel free to contact us with any questions or concerns at 913-322-7401 (Mon-Fri 8:30am to 4:00pm).**