GRAHAM HEALTH SYSTEM

Sleep Study (Polysomnogram) Patient Instructions

A Sleep Study (Polysomnogram) is an overnight test used to evaluate your sleep patterns, breathing, oxygen levels, heart rate, and body movements while you sleep. Your provider may order this test to diagnose or monitor conditions such as sleep apnea, snoring, insomnia, restless leg syndrome, or other sleep-related disorders.

Date: _____ **Arrival Time:** _____

Please arrive at the Sleep Center at your scheduled arrival time.

Location

The Sleep Center is located on the first floor of Graham Hospital. Enter through the **Emergency Department** main entrance and proceed to registration. Security personnel will assist you to the Sleep Center.

To Prepare for Your Test:

Before Your Appointment

- Take your prescribed medications unless instructed otherwise by your provider.
- Bring a current list of medications.
- If you bring nighttime medications, please notify the Sleep Technologist before taking them.
- Bring comfortable sleepwear and personal toiletries.
- Arrive with clean, dry hair.

Please Avoid:

- Napping on the day of your study.
- Caffeine after noon on the day of your study.
- Alcohol on the day of your study.
- Hair sprays, gels, oils, and styling products.
- Applying lotions, creams, or oils to your skin before your study.

For infection control purposes, personal linens such as pillows and blankets are not permitted in the sleep lab.

What to Expect During Your Study

A Sleep Technologist will place sensors on your scalp, face, chest, legs, and finger to monitor your sleep throughout the night. These sensors are painless and allow us to record information necessary to diagnose and treat sleep disorders.

During the study, you may be asked to sleep in different positions. You may also be awakened briefly if adjustments need to be made to the monitoring equipment.

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CPAP Titration, Split-Night, and ASV Studies

Depending on your physician's order and sleep study results, you may be fitted with a CPAP or BiPAP mask during the night. The Sleep Technologist will explain the process and answer any questions before therapy is started.

If you currently use a CPAP or BiPAP device, please bring your mask, unless instructed otherwise.

Special Accommodations

A parent or guardian must remain with patients under 18 years of age throughout the study. Recliner accommodations are available.

If you have special needs or require assistance during your stay, please notify the Sleep Center prior to your appointment.

Results

Your sleep study will be reviewed and interpreted by a Sleep Physician. Results will be sent to your ordering provider, who will discuss the findings and any recommended treatment options with you.

Need to Reschedule?

Please contact Scheduling at **309-647-5240 ext. 2860** at least 48 hours before your appointment.
Questions regarding your test may be directed to the Sleep Disorder Clinic at **309-647-5240 ext. 2396**.