

Vernon Sleep Clinic

R. Cridland M.D. Inc

Sleep Study Information

In the evening when you arrive at the front of the building, press the door bell to summon the technician to unlock the door for you.

If you are being picked up in the morning, have your driver arrive between 6:30 and 6:45 am.

If you are already on CPAP or BiPAP, please bring your mask and headgear with you.

CANCELLATIONS: For those that need to cancel or change an appointment, this must be done with the receptionist between Monday and Thursday. We require 3 working days cancellation notice if you are unable to attend.

If you do not attend your sleep study or cancel without giving adequate notice, we will not reschedule any future appointments. Cancelling with short notice prevents the study from being available for another patient.

What to Expect

The “Sleep Study” or Nocturnal Polysomnogram is a test conducted overnight and monitored by a trained technician to objectively evaluate your sleep. There are tiny electrode cups glued on your scalp to monitor brain waves (EEG) so the technician can determine when you go to sleep, how deeply you sleep and how often you wake up. A sensor monitors airflow through the nose or mouth. Elastic belts around the chest and abdomen monitor breathing movement. A sensor on your finger monitors blood oxygen. A microphone on your neck monitors snoring. Electrodes glued on the chest monitor heart rate and rhythm (EKG). Electrodes glued on the legs monitor leg movements and twitching. There is an infrared camera and a microphone so the technician can see and hear you. If you need assistance during the night, such as getting up to go to the bathroom, pushing the call-bell button will summon the technician in to help you. Despite all the monitoring paraphernalia, the beds and rooms are comfortable and you are able to sleep.

When you arrive at night, push the doorbell. The technician will let you in and show you to your private room. The doors to the lab are kept locked all night for security reasons. You then change into your sleep-wear and relax in the patient lounge or your bedroom until the technician calls you into the set-up room. In the set-up room, the various pieces of monitoring equipment are attached to you. After this, you may go to bed when you are ready, but usually no later than 11 pm. **The technician will usually wake you up at 6 am and patients must leave by 7 am. – No exceptions!**

After your study is completed, it is scored by a technician and interpreted by a sleep disorders physician. When you return for your follow-up visit, your sleep disorders physician will review the results with you and make recommendations for management of your condition.

What to Bring

Pack a small bag with all the items you will need for an overnight stay away from home. Do not bring valuables. Items to bring include:

- **Appropriate Sleepwear:** pajamas (please no silk as sensor belts slip), housecoat, slippers (shorts and tee-shirts are acceptable). Keep in mind you may be monitored by male or female technicians and there are both male and female patients in the lab.
- **Personal Toiletries:** towels and soap are provided. Showers are available.
- **Medications:** bring all the medications you normally take. Take your usual sleep medications on the night of the study unless instructed otherwise by your sleep disorders physician.
- **Personal Items:** you may wish to bring reading material. No candles or incense. Smoking is not allowed in or near the building. **You are not allowed to bring your own pillows or blankets for public health reasons.**
- **CPAP/BiPAP:** if you already have CPAP or BiPAP mask and headgear, please bring it with you.

On the day of the Study

- Please shower and wash your hair. This allows the technician to easily apply and remove electrodes. Do not apply gel, oil or hairspray prior to the study. Women, please wear limited if any makeup and no nail polish.
- No caffeinated beverages after 12 noon on the day of the study.
- No alcohol on the day of the study.
- Patients are not permitted to smoke after the technologist has attached the electrodes.
- Avoid napping on the day of the study. If you get sleepy when you drive, have someone drive you and pick you up after the study.
- Please arrive at your scheduled time. If you are running late, please call the lab at 250-541-0505 so we can advise you. **Please note that we require 3 working days cancellation notice.** Missing a sleep study is a waste of limited and expensive resources. It is also not fair to others who are waiting for a study. If you are unsure of whether you can make it, please let us know. Except in extenuating circumstances, **patients who do not provide adequate notice will not be rebooked!**