



### Sleep Study Instructions

You are scheduled for an overnight sleep study (Polysomnogram) at Atlantic Sleep Center. You will need to arrive between 7:30pm – 8:00pm. The technologist will awaken you at approximately 6:00am. You will be allowed to go home at this time unless additional testing is indicated (Multiple Sleep Latency Test / MSLT). If this occurs, your test will be over by 5:00pm.

1. Prior to your scheduled appointment someone from Atlantic Sleep Center may contact you for confirmation.
2. What to bring on the night of your test:
  - Comfortable sleepwear and slippers
  - Toiletries, books, or anything else to help you relax.
  - Your pillow, if preferred.
  - Medications you are currently taking, prescription or over the counter. We also recommend you bring something for headaches, upset stomach, etc.
  - You will need to eat supper before you arrive.
3. **DO NOT** nap on the day of the study.
4. Please shower and wash your hair before the test. Do not apply body lotion or hair gels, spray or oils.
5. The sleep study (Polysomnogram) is done on an outpatient basis. If you have any questions or concerns regarding your insurance coverage, you should contact your insurance representative prior to the test.

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*Please call Atlantic Sleep Center with any questions you have about your procedures. We look forward to working with you. It is very important that you notify us as soon as possible if, for any reason, you cannot make your appointment or need to change it.*

#### Wilmington Office

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