

PREPARATION FOR SLEEP STUDY

** IMPORTANT: PLEASE REMEMBER YOUR HEALTH CARD **

You must be able to care for yourself in the laboratory. We do not have nurses on staff. If you require assistance, you will need to be accompanied to the appointment by a family member or aide. If this applies to you, be sure to speak to our reception staff prior to your sleep study.

ARRIVAL TIME: [Hamilton location](#) –At your designated arrival time.
[St. Catharines location](#) – At your designated arrival time.

PRIOR TO ARRIVAL:

- Please have a shower or bath before arriving for your appointment.
- Please ensure all make-up and fingernail polish is removed. If you have acrylic nails remove at least one for the measurement of oxygen saturation.
- Please shave yourself with your razor in the identified areas prior to attending this appointment. Each shaved area should be 7.5 centimeters (3 inches) in diameter.
 1. Right and Left shoulders, just below the collarbone.
 2. Left above waist, on ribs halfway up your side.
 3. Left and right leg approximately 5 inches below the kneecap towards the outside of leg.See diagram below
- Do not have a nap on the day of the study as it may inhibit your sleep.

Alcohol: Alcohol is not to be consumed on the day of sleep study.

Caffeine: Limit coffee, tea or caffeine beverages.
Nothing with caffeine after 4:00pm on the day of study.

Medicine: Bring all your medication, including those you normally take to help you sleep, including herbal remedies etc. You will take your own medicine at your usual time at the sleep clinic. There are no nurses on staff to administer meds. We cannot provide a sleeping pill to you but you may take what you would normally take to help you sleep.

What to bring: Health Card, medications, two-piece sleepwear, reading material and/or personal device. If you have your own CPAP machine, please bring your mask and tubing only for the sleep study. You can bring food or drinks as required.

What to expect: Video recording is part of the overnight sleep study. Once you are changed and ready for the electrode application, video recording will start from set up and will run continuously until the sensors are removed in the morning.

A technologist will apply a series of wires to your head, face and other parts of your body. This process will take approximately 45 minutes.

We require all patients to have set up completed and in their rooms prior to 10:30 pm. This allows for the proper amount of time to collect the required data. During your set-up and overnight you will be monitored on a computer screen. There are also microphones in each room in case you need assistance or want to use the washroom.

In the morning, the technologist will unhook all the wires, stop the video recording, and you may get changed. You will need to complete a morning questionnaire and then you are able to leave.

WAKE-UP TIME: Wake up time is 6:00 am. Departure time is no later than 6:30 am. You can arrange an earlier wake up time with your technician if required.

PARKING: Ample free parking is available in front of the building.

Sensor location diagram

