

## What YOU need to do for a successful Sleep Study

### Sleep Study Preparation Checklist:

(Use this as your checklist before arriving for your sleep study)

#### Avoid

- Avoid napping.
- Avoid alcohol, marijuana and any illicit drug use at least 4 hours prior to testing.  
National Jewish Health has a Zero Tolerance Policy.
- Avoid caffeine after 12p (noon.)
- Avoid using sprays, oils, gels or lotions in your hair and on your skin.
- Avoid makeup on the face.

#### Do

- Do shower and wash your hair with shampoo only.
- Do remove hairpieces and/or hair weaves to allow for electrode placement.
- Do have one fingernail free of nail polish and/or acrylic nails.
- Do shave before you arrive for your study, except if you have a full beard or mustache.
- Do have a light, early dinner before arriving at your scheduled location.
- Do arrive on time at 8:30p.
- Do have someone pick you up in the morning if you took a sleep aide for the sleep study.

#### Bring

- Bring health insurance card and driver's license.
- Bring medications including antacids and ibuprofen.
- Bring sleep aide if prescribed. Take this only when instructed to do so by the sleep technologist.
- Bring your CPAP and mask if you are a current CPAP user.
- Bring your glucometer and insulin if you are diabetic.
- Bring a book or magazine to read while waiting to be hooked up.
- Bring a pillow if you choose.
- Bring pajamas or t-shirt and gym shorts to sleep in.
- Bring toiletries for before bed and in the morning (toothbrush, toothpaste, shampoo, face soap.)

#### Things to do AFTER your sleep study:

- Schedule a follow up appointment with your referring physician. A detailed report will be sent to your referring physician as soon as possible after your study; please allow 7 to 10 business days. Your referring physician will discuss the results and any recommendations for treatment that may be indicated.

To help you be successful with your treatment, the following are made available at no charge to you:

- Attend the complimentary class on Sleep Apnea held each Tuesday at the main campus from 4p-5:30p. Learn more about sleep apnea, consequences and treatment.
- Attend the CPAP Support Group the first Saturday of each month from 10a-12p. Held on the main campus.