

What to Expect for Your Upcoming Sleep Study

To Prepare for Your Sleep Study

- The night before, and the day of study, follow your normal routine as best you can
- Wash and dry your hair, and do not apply hair sprays, oils or gels.
- Bring something to read or to work on during non-sleep periods. There is Wi-Fi available in the sleep lab.
- Bring any personal toiletries you usually use before bed (toothpaste, toothbrush, comb, brush, shampoo and hairdryer) and a change of clothes for the next day. The sleep lab provides most of the common toiletries, and there are toilet and shower facilities available.
- **Bring any medication you normally take before going to bed.**

What to Bring and to Wear

Clean sheets, pillows and blankets will be provided, but participants are encouraged to bring their own pillows or favorite blankets, and other “comfort items” that may help you sleep (such as your childhood teddy bear). Unfortunately, pets and bed companions will not be accommodated. If there is something you cannot sleep without, it may not hurt to ask about it ahead of time.

It is important that you bring comfortable sleepwear, preferably pajamas, but if you don't wear pajamas, a loose fitting T-shirt and shorts would do perfectly fine (sleeping in the nude is not an option).

Upon Arrival

Once you have reached our offices at 1200 Pacific Avenue in Santa Cruz, you will call **1-831-480-4307** to let our technologist know you are here. Our technologist will then escort you to the sleep lab and ask you to get into your sleepwear.

Sleep Study Preparation

The technologist will then spend about 45 minutes setting you up for the sleep study. The technologist will measure the dimensions of your head and mark landmarks on your scalp with a marking pencil. The marks are not permanent and will wash off with soap and water. At designated places, a small cotton-tipped applicator, such as a Q-tip, will be used to clean a small patch of your skin. The cleaning paste is a little abrasive, but it is important to clean off the oils of your skin.

Next, wires with gold-cupped electrodes will be put into place. Paste will be applied to each electrode to keep them in place and to better conduct the electrical waves of your brain. This paste is sticky, similar to shortening used in cooking, but will also wash off easily. Some of the wires on the face will be taped in place. None of this preparation should hurt.

All of the wires will be connected to a head unit which is placed on the wall behind the bed. The wires are long enough for you to comfortably move while in bed, and you can disconnect from the head unit when you need to get out of bed. You just reconnect the wires to the head unit when you get back in bed.

Before You Sleep

After getting set up, the technician will need to calibrate the equipment. As part of this, you will lie in bed, open and close your eyes, move them around, snore, take breaths in and out and move your arms and legs.

After the calibration, you can rest in bed and use a computer, phone, music player, or read a book. When you feel drowsy enough to fall asleep, you can just turn off the light and try to sleep.

At Night

While you sleep, the equipment monitors the recording of your brain waves, eye and leg movements, heart rate, breathing rate, etc. All of these measurements are recorded on a continuous graph.

If you wake up during the night and need to move around or go to the bathroom, you simply disconnect the wires from the head unit and do so. Wires are easy to reconnect to the head unit when you get back in bed.

A sleep lab staff member is available to you throughout the night. If you need any assistance, you can contact him or her by phone.

In the Morning

In the morning, you can easily remove the sensors yourself, which can be done with surprising speed, perhaps as little as 5 minutes. Washrooms and showers are available to remove any sticky material associated with the sensors. You then fill out a quick after-sleep survey form, and you can leave the sleep lab.

A sleep lab staff member is available to you if needed. The sleep study coordinator will then follow up with you and email you a copy of your polysomnography report when ready.