

What will happen during the study?

- **Please arrive on time for your appointment.** Wait outside of room 4013 in the hallway. A technologist will meet you there at your scheduled appointment time.
- You will be in a private room. The technologist will be in a room nearby and they will be able to see and hear you.
- You may go to the washroom at any time.
- **Your cell phone must be turned off at bedtime.**
- If someone needs to contact you with an **urgent** message, they can call the hospital switchboard and ask to be connected to the sleep technologist.
 - › Phone: 902-473-2700
- You will be asked to turn the lights off around 10:30 to 11 p.m. The study will stop between 6 to 6:30 a.m. the next morning. You will leave the Lab by 7 a.m.

What will happen after the study?

You may wash yourself using the large sink. There is no shower. We provide towels and face cloths.

Hours:

- › 8:30 a.m. to 4:30 p.m.,
Monday to Friday

If you have any questions or concerns, please call the Sleep Lab:

- › Phone: 902-473-4298,
option 1

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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Sleep Disorders Laboratory

Abbie J. Lane Building
4th floor

Please have a seat in the chairs outside of room 4013.

A technologist will come and get you.

What is a sleep study?

- Your doctor has referred you for an overnight sleep study in the Sleep Disorders Laboratory (Sleep Lab).
- You will not be admitted to the hospital.
- We will observe (watch) you as you sleep overnight in the Sleep Lab.
- Electrodes will be attached to your skin with a small amount of paste, glue, and/or tape.
- As you sleep, you will be monitored by a technologist using audio-visual and other monitoring equipment.

Getting ready for your visit

- **Please call 902-473-4298 (option 1) at least 72 hours (3 days) before your appointment to confirm that you are able to attend.**
 - › Missed appointments cause longer wait times for other patients. Please make every effort to attend your scheduled appointment.
- **Call the Sleep Lab as soon as possible if you have a cold, the flu, a chest infection, or any other health problem which may affect your test.**
 - › Phone: 902-473-4298 (option 1)

On the day of your test:

- **Do not** drink alcohol.
- **Do not** eat or drink items that have caffeine after 5 p.m. (like coffee, tea, cola, or chocolate).
- Keep your usual daytime schedule. **Do not** nap.
- **Do not** bring large amounts of money or valuables with you to the hospital. **The hospital is not responsible for the loss of any item.**

What to bring:

- All of your medications in their original containers. Take your medications as usual, unless told otherwise by lab staff.
- Your CPAP or BiPAP device (if you have one), and your mask(s) and tubing.
- 2-piece sleep clothes (like pyjamas, or walking shorts and a T-shirt). **Do not** wear silky material.
- A change of clothes for the next day.
- **You must wear underwear.**
- You may bring your own pillow (if you wish).

- A book, newspaper, DVD, or other material to help you relax. There is no TV service, but we have a portable DVD player.
- A snack, if you would like one before going to sleep.
- Shampoo and a comb or brush.
- Toothbrush and toothpaste.

If you have an appointment for a Multiple Sleep Latency Test (MSLT) after the sleep study, bring snacks or money for the cafeteria. **We do not provide meals.**

You may wish to bring a book, DVD, or do a hobby between naps during the day.

Before you come for your appointment:

- Wash your hair, shower, and shave any facial stubble (beards are OK). This makes it easier to attach the electrodes. It also improves the overall quality of the test.
- **Do not** use moisturizers or hair products that leave an oily residue.
- **Do not** wear perfume or other scented products. All Nova Scotia Health sites are scent-free.
- Remove all nail polish and artificial nails.