

## 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 will be able to see and hear you.
- You may visit 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 concerns or questions, please call the Sleep Lab:

- › Phone: 902-473-4298, ext. 1

### Looking for more health information?

Find this pamphlet and all our patient resources here:

<https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

*Nova Scotia Health promotes a smoke-free, vape-free,  
and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

*Prepared by: Sleep Disorders Laboratory*

*Designed by: Nova Scotia Health Library Services*

The information in this pamphlet is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.



2022

# 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, flu, chest infection, or any 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 clothing (like pyjamas, or walking shorts and a T-shirt), no silky material.
- A change of clothes for the next day.
- **You must wear underwear.**
- 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 an Multiple Sleep Latency Test (MSLT) after the study, bring snacks or money for the cafeteria. **We do not provide meals.**

You may wish to bring a book, hobby, or DVD to use 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 facilities are scent-free.
- Remove all nail polish and artificial nails.