

2017

Sleep Disorders Laboratory

**Abbie J. Lane Building
4th Floor, Room 4005**

**Patient Information
and Instructions**



www.nshealth.ca

Sleep Disorders Laboratory

Your doctor referred you for an overnight sleep study in the Sleep Disorders Laboratory ('Sleep Lab'). This is an outpatient department. You will not be admitted to the hospital.

What is a sleep study?

You will be observed sleeping overnight in our specialized Sleep Lab. Electrodes are attached to your skin with a small amount of paste 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 3) at least 72 hours (3 days) before your appointment to confirm your ability to attend. Missed appointments cause increased wait times for other patients, so please make every effort to attend your scheduled appointment.

Please contact the secretary in the Sleep Lab as soon as possible at 902-473-4298 (option 3) if you have a cold, flu, chest infection or any health problem which may interfere with your test.

What are your questions?

Please ask. We are here to help you.

On the day of your test:

- **DO NOT** drink alcohol.
- **DO NOT** eat or drink items that have caffeine after 5 p.m. (such as 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.
- **Please bring with you:**
 - › all of your regular medications in their original containers. Take your medications as usual unless told otherwise
 - › your CPAP or BiPAP device (if you have one) as well as your mask(s) and tubing
 - › 2-piece sleep clothing such as pajamas or walking shorts and a T-shirt (no silky material)
 - › **underwear must be worn**
 - › your own pillow, if you wish
 - › a book, newspaper, DVD or some other material that will help you relax before lights out. There is no television service
 - › a snack if you like one before sleep
 - › shampoo and a comb/brush
 - › toothbrush and toothpaste


Before you come:

- Wash your hair, shower and shave 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.
- Remove nail polish and artificial nails.

During the study

- **Please arrive on time for your appointment and wait in room 4003A. The technologist will meet you there at your scheduled 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 a family member needs to contact you with an **urgent** message, they can call the hospital switchboard at 902-473-2700 and ask to be connected to the sleep technologist.

continued on reverse



- You will be asked to turn the lights off around 10:30-11 p.m. The study will stop between 6-6:30 a.m. the next morning. You will leave the Lab by 7 a.m.

After the study

A large sink, as well as towels and face cloths, are provided. There is no shower.

If an MSLT is arranged for 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.

Our office hours are
8 a.m.-4 p.m., Monday-Friday.

Please call 902-473-4298 if
you have any concerns or
questions.

Please do not wear perfume
or other scented products to
the Sleep Lab. NSHA facilities
are scent-free.

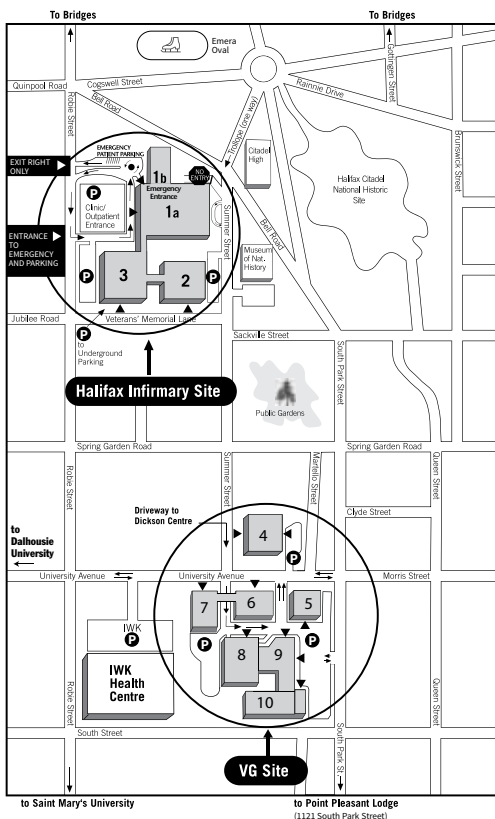
QEII Health Sciences Centre

is made up of 10 buildings located on two sites

Halifax Infirmiry Site	
1a.	Halifax Infirmiry
1b.	Emergency Dept.
2.	Abbie J. Lane Memorial Building
3.	Camp Hill Veterans' Memorial Building
VG Site	
4.	Nova Scotia Rehabilitation Centre
5.	Bethune Building
6.	Mackenzie Building Laboratories
7.	Centre for Clinical Research
8.	Dickson Building
9.	Victoria Building
10.	Centennial Building

- P** Patient Parking
- ▶** Entrance Doors

Please do not wear scented products when you come to the QEII.



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