

ALABAMA NEUROLOGY & SLEEP MEDICINE

Overnight Sleep Study

On the evening of your sleep study, you should arrive at 8:00 PM at the Sleep Center at DCH Northport. You will be shown to a comfortable private room, which is designed to resemble a typical bedroom with décor and televisions to help make you feel as relaxed as possible. Sensors will be placed on your body in order to record your breathing, movements, the time it takes you to fall asleep, among other factors.

Before Your Test

After lunchtime (noon) on the day of your study, please do **NOT**:

- Consume any caffeine (soda, coffee, tea, energy drinks, and chocolate).
- Take any naps.

Before you leave home, please:

- Do **not** apply hair products, makeup or heavy creams/lotions to your skin since they will interfere with the recording of the study.
- Make sure your hair is clean and free of any hairpieces, including sew-in weaves.
- Please have dinner before you come.

What to Bring

- A photo ID card.
- Your insurance card(s).
- Pajamas or something comfortable to sleep in (the test is video monitored).
-Shorts and short-sleeved tops typically work the best.
- Any toiletries that you think you will need.
- Any medication you are scheduled to take during the hours you are at the sleep center, including any prescription or over-the-counter sleep aids being used.
- A list of ALL your medications, including name and dosage.

Soap, shampoo, towels and washcloths are provided by the Sleep Center. Blankets and pillows are provided, but please feel free to bring your own if it will make you more comfortable.

After Your Test - Getting your test results

- After the sleep study is completed, Dr. Geyer will review and interpret the study. Dr. Geyer will either see you the morning after the study or you will be contacted within 10 days to review the study results. Depending on the study orders, treatment with CPAP may be started during the first night of recording.
- The study results will be sent to your referring/primary physician.
- If the first overnight sleep study reveals Obstructive Sleep Apnea, you may be required to return to the center for the second part of the sleep study process.

Patients requiring assistance:

- Our technologist is available to help patients who need minimal assistance to the restroom
- If you require assistance or if someone will be staying with you to help you, please notify the sleep center prior to the study.