

Polysomnogram (Sleep Study) Patient Information Packet

The sleep team at NorthShore University HealthSystem welcomes you! A polysomnogram is an overnight study of your sleep patterns. Various monitors are used to record brain waves for sleep stages, heart beats, eye movements, oxygen saturation and body position, video, and various physiological processes.

3 DAYS BEFORE YOUR SLEEP STUDY

- Call **(888) 364-6400** to pre-register for your test. Hours of operation for Registration are Monday through Friday from: 7:30 a.m. to 7:00 p.m. and on Saturday from 9:00 a.m. to 1 p.m.
- Call your insurance company to verify coverage

THE DAY OF YOUR SLEEP STUDY

- Avoid caffeine or stimulants after noon, unless prescribed by your doctor. You may drink juices, milk and water.
- If you have one alcoholic drink or less per week, please do not have any alcohol on the day of the test. If you use alcohol on a daily basis, please make sure to have your usual amount on the day of the test. **You should arrange to have someone bring you to the center and do not drive yourself if you do consume alcohol.**
- Make sure your skin and hair are clean, and please do not use any hair products (hair spray, mousse, gel, oils) or lotions the night of the study.
- We will be using a paste to apply wires to your scalp, so avoid having your hair done before coming in.
- **Remove the polish and the “artificial nail” from the middle finger of either hand.**
- Eat a normal dinner **before** reporting to the Sleep Center. Food is not available in the Sleep Center.
- If you are in the habit of having a snack before going to bed, please bring them with you. This is especially important if you are an Insulin dependant diabetic.
- Unless instructed otherwise by your doctor, you must continue to take all medications you normally take. Please bring all medications you take between 8:30 p.m. and 6:30 a.m. **Technicians do not administer or distribute medications.**

WHAT TO BRING TO THE SLEEP CENTER

- A list of all medications you normally take, including non-prescription medications.
- Completed questionnaires if applicable and or any doctor's orders, prescriptions, or referral forms that your doctor has given you. Present them to the technician upon arrival.
- Your insurance card(s) and driver's license or ID.
- You may bring your own pillow.
- Bedclothes are necessary. If you are not accustomed to wearing pajamas or a night gown to sleep in, you may bring something loose and comfortable, such as gym shorts, sweat pants and a tee-shirt.
- Bring toiletries and a hair dryer, if needed, for the morning. The sleep rooms at **Old Orchard** have private bathrooms with a shower. **Bannockburn Sleep Center** has one bathroom with shower; **please advise scheduler and Technician if you plan to use our facility to shower in the morning after your sleep study.**
- Reading material, if you usually read before going to sleep.
- Pillows, blankets, towels, and washcloths are provided for your convenience.

****Please do not bring any valuables that are not needed with you to the sleep center****

AFTER YOUR SLEEP STUDY

- Patients will be offered a breakfast snack (coffee, tea, oatmeal, granola bar, fruit cup).
- Unless otherwise ordered by your doctor, your study will end around 6:30 a.m. and you will be able to leave at 7:00 a.m.
- Your sleep study is analyzed in detail by The Sleep Disorders Center team which consists of the sleep specialist physicians, nurses and technical staff. A treatment plan, which may include a second more detailed sleep study, is designed to address your personal needs.
- The nursing staff will then contact you to convey the results of your test and get you started with the treatment plan.
- This is a very detailed process that may take up to 2 weeks to complete.

CANCELLING A SLEEP STUDY:

If you need to cancel your scheduled sleep study, **you must give the sleep center 24-hours notice.** Please call by 2:00 p.m. on Friday to cancel a Saturday or Sunday night study. To reschedule your study, call (847) 663-8200.

If you cancel your office visit, your sleep study may also need to be rescheduled or cancelled.