

Polysomnogram (Sleep Study) Patient Information Packet

The sleep team at NorthShore HealthSystem Sleep Centers 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.

Note: Any patients under the age of 18, one that has special needs and/or needs assistance will need a parent/guardian or caregiver to stay with the patient.

3 DAYS BEFORE YOUR SLEEP STUDY

- If you have not already pre-registered, please 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 2:30 p.m.
- Failure to pre-register may delay your test
- 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 laboratory. Food is not available in the Sleep Center. If you are in the habit of having a snack before going to bed, please bring it 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 cannot distribute medications.**
- The Old Orchard Sleep Center is located in a medical office building and there is **no access to the building until 8:00 p.m.**

WHAT TO BRING TO THE SLEEP CENTER

- A list of all medications you normally take, including non-prescription medications.
- Completed questionnaires and 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 room has a private bathroom with a shower.
- 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 with you to the sleep center****

AFTER YOUR SLEEP STUDY

- Unless otherwise ordered by your doctor, your study will end at approximately 6:30 a.m. and you will be able to leave at 7:00 a.m.
- You will be provided with a voucher worth \$4 for breakfast at Glenbrook Hospital. The cafeteria opens at 6:30 a.m. Old Orchard Sleep Center provides a continental breakfast.
- Your sleep study will be analyzed in detail by the Sleep Center treatment team which consists of your sleep specialist, 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 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 or reschedule your sleep study, **you must give the sleep center a 24-hour notice.** Please call by 2:00 p.m. on Friday to cancel a Saturday or Sunday night study. To cancel or reschedule your study, call (847) 663-8200.

****If you cancel your office visit, your sleep study may also need to be rescheduled****