

## Preparing for your Sleep Study

Your sleep study represents an important step in understanding how you sleep. If you have a sleep disorder it will help guide your treatment.

### 1. Things to do the day of your study:

- Have dinner no later than 30 minutes prior to coming in.
- Wash and dry your hair on the day of your Sleep Study. Do not use any hair products, such as gels, hairsprays or heavy conditioners, because these may prevent the electrodes from sticking to your scalp.
- Remove nail polish and/or artificial nails. The oximeter that is placed on your finger to monitor blood oxygen levels reads this information through the nail.
- Continue to take your regular medications.
- Do not drink any caffeinated beverages after noon on the day of your study.
- Do not take a nap on the day of your study.

### 2. Please bring:

- Pajamas or any comfortable sleep wear, preferably with a button-down front. A nightgown is impractical for attaching electrodes and straps to the chest and lower abdomen.
- Toiletries such as toothbrush, toothpaste, hairbrush or comb
- Slippers
- Your favorite pillow and blankets. The sleep lab will provide pillows and blankets, but yours may help you sleep better.
- Clothes for the following day
- Medications that you take at bedtime and first thing in the morning.
- A book or other reading material
- A snack, if desired.

If you are unable to make your appointment, please let us know as soon as possible. There will be a \$100 charge for studies cancelled with less than 36hrs notice.

After hours access:

Frederick: please press the door bell at the entrance.

Reston Hospital: please use the handicap door to the right of the revolving door in front of the Pavilion or enter through the ER if the Pavilion doors are locked.

Rockville: please call the number on the door or select SleepHeart from the directory box at the right of the sliding glass doors.

*Lost, last minute questions or other concerns on the night of your study? Call 617-401-8929.*

Frederick: 301-637-2234 75 Thomas Johnson Dr, Suite A & B, Frederick, MD 21701  
Rockville: 301-693-7001 9707 Medical Center Dr, Suite 200, Rockville, MD 20850  
Reston: 703-348-7857 1850 Town Center Parkway, Pavilion Suite 303, Reston, VA 20190  
Appointments 877.411.DOZE, Fax 877.511.DOZE  
Mailing: Please send all mail to the Reston address