

Be Sure To Bring

- Completed Medical/Sleep History questionnaire
- Insurance Card.
- Pajamas or other comfortable sleepwear (satin-type fabrics are not recommended).
- Slippers and robe.
- Your Pillow(s).
- **All medications you may need**, both prescription and non-prescription.
- Toiletries.

Arriving on the Night of the Test

Ring the doorbell to alert the staff to your arrival. Please be aware that if you arrive more than 30 minutes prior to your appointment time, the technical staff may not yet have arrived and you may not be able to enter the building.

During the Test

After you arrive and have had a chance to settle in your room, you will view a brief video presentation. The application and checking of the monitoring devices will take about 45 minutes. You will have a private bedroom for the test, with a full size bed, comfortable chair, ceiling fan and color TV with remote. At the start of the study, you will be given instructions for performing some simple movements to check the recording, and then the lights will be turned out for you to go to sleep. If you need anything at any time during the test, you will only need to speak, and the technologist will come to your assistance. You will be able to get out of bed whenever you need to do so.

After the Test

Your test will be completed by approximately 5:30 am. Your technologist will remove the monitoring devices and allow you to freshen up. Showers are available. You will be asked to complete a post-sleep questionnaire and an evaluation of services form. Please note that your technologist cannot give you any information about your test results.

Test Results

A member of the Sleep Medicine team will contact you with your test results within 10-14 days. A copy of test results will be forwarded to your primary care physician.

Questions

For any questions regarding your study, please call 678-450-3625 or 770-536-9864 during business hours: Monday- Friday 8:30am-5:00pm. If you should need to contact the Sleep Lab on the evening of your study after 5:00pm, please call 678-523-0080.

*Thank you for choosing Northeast Georgia Sleep Medicine.
We look forward to serving you!*

Diagnostic Polysomnogram(PSG) First Night Sleep Study

Northeast Georgia
Sleep Medicine

1276 Jesse Jewell Parkway, Suite C
Gainesville, Ga 30501
Phone 678-450-3625
Scheduling 770-297-4985

Name: _____ MRN _____

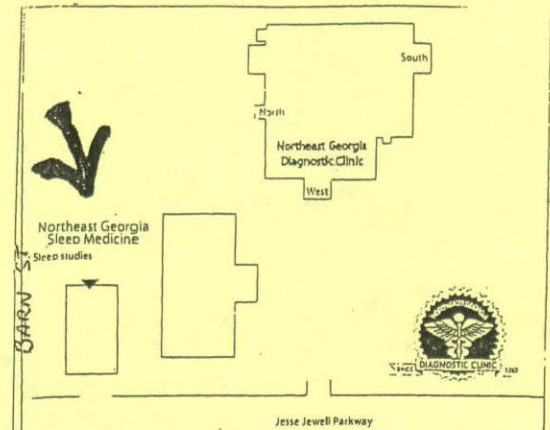
Your sleep study is scheduled for _____ at _____

(If you need to cancel or reschedule your study for any reason, please call 770-297-4985).

If you should need to cancel after hours on the evening of your study, call 678-523-0080.

Please note that the technician does not normally arrive until 8:00pm.

Do not bring any valuables with you.



A **polysomnogram** is a test that measures body functions during sleep. For your sleep test, these body functions are measured and recorded using several devices, including:

- Small adhesive discs applied to your scalp and skin to monitor brain, heart and muscle activity
- Elastic belts placed around your chest and abdomen to monitor your breathing efforts
- A short, soft plastic cannula placed at the front of your nostrils to record breathing
- A soft sensor taped to your finger to record your blood oxygen level and heart rate
- Video of your sleep for review of any observed abnormalities

The monitoring devices are applied and positioned so that you can turn and move normally during sleep and there is usually little or no discomfort associated with the test, although some people feel mild, temporary irritation when the skin is being cleaned in preparation for application of sensors.

Preparing For Your Test

*Complete the Medical/Sleep History Questionnaire

On the Day Before your Study

- Sleep your usual hours the night before your test..

On the Day of your Study

- Do not eat or drink caffeinated products (coffee, tea, chocolate, soda) past noon.
- Do not drink alcoholic beverages.
- Do not nap.
- Bathe and shampoo. Men should shave (beards and mustaches do not have to be shaved). Avoid using excessive hair styling products (hairspray, gel, etc.), makeup, and body creams.
- Take all prescription medications unless instructed otherwise by your doctor.
- Eat dinner as usual

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