

SLEEP STUDY

My test is on: _____

To contact the Sleep Lab, please call: 416-469-7777.

Press 3 to confirm or cancel your sleep study.

Press 4 for Sleep technologist office.

WHAT WILL HAPPEN FOR MY TEST?

- The technologist will show you your room. You will have a private room, with your own washroom.
- Once in your room, the technologist will ask you some questions before you start.
- You will get changed into your overnight clothes.
- The technologist will put electrodes on your head, face, chest, stomach, and legs. The electrodes are put on your skin with a conductive EEG paste, gauze, and tape. The EEG paste comes off with water. We get your skin ready for the electrodes by washing your skin with an abrasive cleanser. No needles are used during the sleep study.
- The technologist will monitor you during the night. They will monitor your brainwaves, eye movements, jaw movements, heart rate and rhythm, breathing, snoring and oxygen levels.
- Bedtime is no later than 11:30pm. The technologist will apply a breathing sensor at bedtime. The technologist will turn off or dim the lights, and set a camera to record. You are monitored all night. The study finishes between 5:45-6am. You are discharged no later than 6:30am.

IMPORTANT INFORMATION

DO NOT have any caffeine, alcohol, or cannabis after 4pm on the day of your study. Do not have coffee, tea, cola, or chocolate because these items have caffeine.

MEDICATION: Bring all your medications (or a list of all your medications) to the clinic. Please bring food if you are diabetic.

DO NOT nap during the day of your study.

WE ARE AN OUTPATIENT CLINIC: This means we do not give patients food, drinks, or medication.

HAIR: We need access to your scalp. If you have a wig or weave, you will need to take it off.

FACIAL HAIR: You should be clean shaven with no stubble. It is ok if you have a beard, goatee, or moustache.

ACRYLIC OR SHELLAC NAILS: Our equipment works best with natural nails. You may need to take off your acrylic or shellac nails.

TIMING: Please arrive on time. All Appointments must be confirmed 72 hours before or they will be cancelled. Please call 416-469-7777 ext.3 to confirm or cancel your sleep study.

WHERE DO I GO FOR MY TEST?

- Register in the **Patient Registration** when you get to the hospital. Patient Registration is on the first floor in the M wing. Please come to the hospital 10 minutes before your appointment so you have time to register.
- PLEASE BRING YOUR HEALTH CARD.
- Check in at the **Sleep Lab** after you have registered. The Sleep Lab is in the Chest Centre on the 2nd floor in the T wing .
- Press the after-hours bell at the Chest Centre. The after-hours bell is on the wall next to the glass doors. Please press it firmly, once. The technologist will greet you shortly. Please be patient.

WHAT SHOULD I WEAR?

You should wear comfortable clothes. Loose pants or shorts and a t-shirt is best. You are not allowed to sleep without clothes.

WHAT IF I NEED THE WASHROOM IN THE NIGHT?

You will need to let the technologist know. You will be shown how to get their attention.

DO YOU HAVE SHOWERS?

No, we don't have showers. We will give you a towel in the morning so you can freshen up.

WHAT SHOULD I BRING?

You should bring whatever will make you feel comfortable. We have linens but you are welcome to bring your own pillow or blanket. You should bring something to pass the time. Examples are a book, tablet, or magazines. You should also bring a bottle of water.

DO YOU HAVE WIFI?

Yes, the hospital has wifi.

CAN I BRING FOOD OR DRINKS?

Yes, as long as they don't have caffeine. This means no coffee, tea, cola, or chocolate.

SHOULD I TAKE MY MEDICATIONS?

You should take your normal medications unless your doctor told you not to. The pharmacy will be closed during your sleep study. We will not be able to get medications for you.

CAN SOMEONE STAY WITH ME OVERNIGHT?

No, we do not have extra space for family members. Someone can stay with you until bedtime, but then must leave the hospital. For patients with disabilities, please talk to the doctor before your test.