



SLEEP DISORDERS CENTER

INSTRUCTIONS FOR POLYSOMNOGRAMS

PATIENT NAME:

DATE OF APPOINTMENT:

REFERRING PHYSICIAN:

PLEASE CALL 820-5363 IF YOU ARE DELAYED OR NEED TO CANCEL

INSTRUCTIONS:

A polysomnogram is an all night sleep study that records a variety of physiological parameters such as brainwaves, heart rate, eye movements, and breathing patterns. It is a non-invasive test. Polysomnograms are completed between 5:00 am and 6:00 am the following morning.

The patient must check in at patient registration in the emergency room lobby 15 minutes before the test is scheduled.

Hair should be clean and dry *without oil or spray*.

Bring a robe if you desire. Also bring slippers, *comfortable sleeping clothes*, your toothbrush and toothpaste as well as hairbrush or comb. Please bring your medications. If you desire, bring your own pillow.

Magazines are available. If you prefer, bring personal reading material. Don't forget your reading glasses! You may also bring and use your cell phone.

Please eat your usual dinner. Do not skip any meals for this test.

IF YOU ARE UNABLE TO KEEP THIS APPOINTMENT OR ARE ILL, ESPECIALLY WITH A COLD, SEVERE CONGESTION OR NAUSEA, PLEASE CALL:

505-820-5363