

## **IN-LAB OVERNIGHT SLEEP STUDY** **INFORMATION**

The Sleep Center at Spaulding Hospital Cambridge

1575 Cambridge street

Cambridge, MA 02138

Tel (617) 952-6871

Fax (617) 952-6879

You should arrive approximately 10-15 minutes before your appointment. The sleep lab is located at Spaulding rehab hospital Cambridge outpatient center in room 2M13, on the second floor. You should plan to stay overnight and be ready to leave the hospital to start your day between 6:30-7:00 am.

If you have a question about your procedure or need more information, please feel free to call (617) 952-6873.

There is plenty of free parking on site.

Please confirm your appointment by calling our center at (617) 952-6871. If you need to cancel or reschedule, we ask that you do so 48 hours before the appointment to accommodate another patient.

If it is the day of the appointment and it is after hours, please contact the lab directly at (617) 952-6873

Thank you and we look forward to working with you.

James E Mojica, MD

Medical Director of the Sleep Center at Spaulding Hospital Cambridge

## **Points to remember regarding your sleep study**

1. Do not consume caffeine after noon (12:00 pm)
2. Shower and eat dinner prior to your study
3. Avoid napping on the day of your sleep study
4. Spaulding rehabilitation hospital is a smoke-free facility
5. Bring comfortable sleeping attire
6. Bring any medications you need to take at bedtime or in the morning
7. If you are sick with a cold, upper respiratory tract, or fever, stay home and contact us to reschedule your sleep study
8. We are available to answer any questions or concerns simply by calling  
(617) 952-6871

## **Common questions and answers**

**What happens during a sleep study?**

A variety of electrodes and other sensors will be attached to your scalp and other areas with tape or a medical adhesive to evaluate brain, heart, respiratory and muscular functioning while you are asleep. For some tests, if a disorder is observed, treatment may be started. The entire process is completely painless and your comfort is important to us.

**How do I sleep with all of the sensors on me?**

While monitoring equipment may appear intimidating, it's actually quite small and lightweight. It usually has very little effect on one's ability to fall asleep or stay asleep. In addition, the beds are quite comfortable and the rooms are sound and light proof.. you will be able to sleep in your usual position with very little restriction.

**How long does it take?**

You should allow a total of ten hours for the entire procedure. Patients are awakened 6:00-6:30 am, the monitoring equipment is quickly removed, and then you may take a shower if desired.

**Do I get a private room?**

Yes, the bedrooms are private and include a private shower.

## **How should I prepare for my sleep study?**

Plan a normal day but avoid caffeinated beverages after noontime. Take all your normal medications, unless directed otherwise by your doctor. You should have a normal dinner before arriving at the center. It is best to take a shower about an hour before your scheduled appointment to remove any oils, make up, or lotions and to be sure that your hair is dry. If you wear nail polish, we may need to remove it from one finger where oxygen sensor will be taped.

## **Can I nap?**

Please avoid napping on the day of your test, as it can have a significant effect on the results,

## **Can I smoke?**

Please remember that SRH is a non-smoking facility.

## **What should I bring?**

You should bring comfortable sleeping attire such as loose pajamas, sweats, or shorts and a tee shirt, which usually works best, while the rooms are private, please remember that there will be other patients in the area. You should also bring your toothbrush and any medications you take at night or early morning. If you plan to take a shower in the morning, remember to bring toiletries and a change of clothes. In general, pack as you would for a night at a friend's house. Some patients like to bring a bathrobe or a pillow. Also, please remember to bring the completed questionnaire/paperwork you received in the mail.