

# Genesis Sleep Disorders Center Overnight Sleep Study Instructions

Thank you for choosing the Genesis Sleep Disorders Center for your overnight sleep study. We are committed to making your experience a positive one. Our goal is to help you be as comfortable as possible. We also want to make sure your sleep study provides accurate results to you and your doctor.

Please follow these instructions to ensure your sleep study is successful.

## Arrival

- Arrive at the Sleep Disorders Center **at 8 p.m., but NOT before 7:30 p.m.**
- If you can't arrive by 8 p.m., call the Sleep Disorders Center directly at (740) 454-4725 to make other arrangements.
- **If you haven't arrived by 8:15 p.m., and you haven't contacted us to make other arrangements, you will be considered a no-show.**
- You'll stay overnight for your sleep study.
- **Please contact us at least 24 hours in advance of your sleep study if you are unable to keep your appointment.**

## Departure

- Your testing will typically be completed by 5:30 to 6 a.m.
- You'll be free to leave between 6 and 6:30 a.m.
- If you're being transported, please arrange to be picked up by 7 a.m.

## What to Wear & Bring

- Bring two-piece attire to sleep in.
  - Examples of acceptable sleep attire are a shirt and shorts/pants or pajamas/nightgown with bottoms.
- You are required to wear shorts or pants over your underwear, unless wearing a nightgown. You are required to keep your underwear on with nightgown.
- Men are encouraged to wear a shirt for better sensor application.
- You may wish to bring any necessary toiletry items.
- If you take medication at bedtime, please bring it with you.

## What NOT to Bring

- No pagers, alarm clocks, video game consoles
- Children under the age of 18 or adults needing cared for are NOT permitted to stay with you.
- No Pets
- No Weapons

## What to Expect

- Shower facilities are **not** available.
- We provide hospital-style pillows and blanket(s) during your test.
- You are welcome to bring your own (clean) pillow(s) and/or blanket(s), for increased comfort. Please keep in mind that these may become soiled during testing, due to monitoring equipment.

### What NOT to Do Day of Study

- Don't drink caffeinated beverages after 2 p.m. the day of your study.
- Don't drink alcohol the day of the study.
- Don't take naps the day of the study.

### What TO Do Day of Study

- A regular daily activity level should be maintained the day of the study.
- Eat your regular daily meals the day of the test.
  - **Please complete evening meal prior to your arrival.**
- Before you arrive, please bathe, and wash your hair thoroughly.
- Please arrive with **dry** hair.
- Avoid hair sprays, hair gel, body lotions and makeup.

### When to Stay Home

- We appreciate your best efforts to attend scheduled appointments. However, there are times we request you stay home. Here are some guidelines to help you decide whether you should stay home:
  - Elevated temperature, 100 degrees or higher
  - Vomiting or diarrhea (any episode in the last 24 hours)
  - Lice, bed bugs, scabies
  - Skin infections, including impetigo, ringworm, unexplained rashes, shingles, open/oozing wounds
  - Pink eye or any other illness that may be given to other patients or staff
  - Severe respiratory infection, sore throat, severe cold or flu
  - Blood pressure above 160/100 (we do not monitor blood pressure during study)
  - While under the influence of alcohol, non-prescribed/recreational drug(s), or illegal substance(s)
- The Sleep Disorders Center staff reserves the right to cancel your sleep study for you due to illness.

### During the Study

- 25 sensors that will be placed to your head and body, that are necessary for your sleep study recording.
  - It takes approximately 30-40 minutes to apply the sensors.
  - Your technologist will explain these sensors during placement.
  - After sensors are applied, your sleep study will begin.
- **All patients are scheduled to arrive for testing at the same time.**
- **Your technologist will have several patients he or she is working with simultaneously during the night. You'll be asked to relax in your room if your technologist is working with another patient.**
- For your convenience, each bedroom has a television and easy access to a bathroom.
- If you're usually on oxygen at night, the technologist will begin your diagnostic study without the oxygen for a brief period, unless the physician has ordered otherwise. This will give the physician additional information needed for an accurate diagnosis.
- You will be able to contact your technologist during the night if you would need to use restroom, need blanket, etc.
- You will be asked to turn your cell phone off or put it on silent and to disable any alarms. We do not want them to make noise that would disrupt your sleep.

### **Polysomnography / Baseline Sleep Study:**

- Usually this is your first sleep study is a baseline sleep study.
- Your sleep will be monitored with the above sensors.
- **No treatment will occur during this study.**
- **No COVID testing is required for this study.**

### **Split Night Sleep Study Order:**

- This sleep study starts out as a Baseline Sleep Study and CPAP / BPAP is started during the night. This is Ordered this way by the physician.
- **COVID testing is required prior to this study.**

### **Sleep Study with Continuous / Bilevel Positive Airway Pressure (CPAP / BPAP):**

- CPAP / BPAP is treatment for Sleep Apnea.
- Regular, room air is used to gently open your airway and allow you breath while sleeping.
  - You will be acclimated to CPAP/BPAP therapy before your study begins.
- CPAP / BPAP levels will be adjusted throughout the sleep study to find the optimal levels.
- **Sensors will be applied to your head and body prior to your sleep study.**
- If you are already on CPAP / BPAP, please bring your current mask with you.
- **COVID TESTING is required prior to this study.**

### **COVID Information:**

- **COVID PCR must be completed 4-5 days prior to your CPAP / BPAP / Split Night sleep study.**
  - Please arrive at Genesis HealthPlex (2800 Maple Avenue) anytime between 8:00am - 8:00pm Monday-Friday or 10:00am - 8:00pm Saturday-Sunday.
  - When you arrive, please remain in your car and call 740-455-4390 to register.
  - Staff will come to your car to complete testing.
  - Once testing is completed, you will need to self-quarantine as best as you can until your sleep study.

### **When is a Caregiver/Guardian Required to Stay During the Study?**

- If you **need assistance in and out of bed, to and from the bathroom, with dressing yourself and/or are living in a nursing facility**, we require you have someone stay with you who will assist with your personal needs.
- If you have a **diagnosis of dementia**, a caregiver may be required to stay with you.
- If you have **difficulties that limit communication**, such as limited vision/blindness or hard of hearing/deaf, you are encouraged to have an adult stay with you to help provide a method of communicating with you better.
- For patients with **diminished capacity**, a guardian is required to stay for the duration of the testing.
- Patients **under the age of 18** require a parent or guardian to stay for the duration of the testing.
  - If any of the above apply to you, you must notify the Sleep Disorders Center that you have made these arrangements for your caregiver/guardian to stay with you during your sleep study. **If you arrive in the Sleep Disorders Center and have not made appropriate arrangements, you will be asked to reschedule your sleep study.**
- **Caregivers/Guardians:**
  - **Must be able to care for their own needs.**
  - **Are not permitted to bring/use CPAP/BPAP during their stay.**
  - **Must stay for the entire duration of testing.**

## After the Study

- At the end of your study, you will be unhooked and allowed to clean up.
- The unhooking process takes about 10-15 minutes.
- You'll likely have a moderate amount of waxy paste remaining in your hair. This paste is water soluble and will wash out with hot water and regular shampoo.
  - You may want to bring a hat or scarf with you to wear home.

## Nap Study

- If you are scheduled for a Daytime MSLT ("nap study"):
  - This test will follow your overnight study and will take all day.
  - Nap study consist of a series of four or five 20-minute naps.
  - Breakfast and lunch are provided during the nap study.
  - The nap study test will end between 3 and 4 p.m.

## Questions?

If you have any questions regarding your sleep study, please call the Genesis Sleep Disorders Center at (740) 454-4725. Our daytime hours of operation are 7:00 a.m. to 3:30 p.m., Monday through Friday.

## Where to Find Us

We are located near Genesis Hospital. See the circle on the map below.



**Genesis Sleep Disorders Center**  
840 Bethesda Drive, Building 3, Unit 1  
Zanesville, Ohio  
(740) 454-4725

