

Center for Sleep Disorders

38600 Van Dyke Ave., Ste 225

Sterling Heights, MI 48312

Phone 586-978-2222 Fax 586-978-2224

Pre-Arrival Guide

Please arrive at the center at **9:00 pm**. Upon arrival, there will be a Sleep Technician to check you in. Each sleep room resembles a hotel room with satellite television, a large comfortable bed and several other amenities to make your stay as comfortable as possible.

To further make your stay at the center as comfortable as possible, you may wish to bring any/all of the following

- Toiletries
- Robe
- Pajamas (pants or shorts are required. No night gowns.)
- Any medications you are currently taking on a daily basis. (Please bear in mind the **TECHNICIANS CANNOT ADMINISTER YOUR MEDICINE**. You will have to do it the same way you would when you are at home.)

If you need to cancel your Sleep Study, **please call the office that has scheduled your appointment at least 24 hours in advance.**

Patient Information for Sleep Studies

A polysomnogram is a procedure which measures bodily functions during sleep. Each study will vary depending on the individual case, and some of the measurements taken may include:

- Brain waves (electrodes placed on the scalp)
- Heart beats (electrodes placed on the chest)
- Eye movements (electrodes placed above and below the eyes)
- Muscle tension (electrodes placed above and below the eyes)
- Leg movements (electrodes placed on the lower leg)
- Airflow breathing (sensor placed underneath the nose)
- Chest and abdominal breathing (sensors placed around the chest and abdomen outside of your pajamas)

WHY RECORD ALL THESE THINGS?

During sleep, the body functions are different than while awake. Disrupted sleep can disturb daytime activities, and sometimes medical problems during sleep involve a risk to basic health.

HOW CAN I SLEEP WITH ALL THESE THINGS ON ME?

Surprisingly, most people sleep reasonably well. We are only looking to obtain a sample of your sleep. The body sensors are applied so that you can turn and move during sleep. The entire procedure is painless. Our staff will try to make your sleeping environment as comfortable as possible.

WILL THE SENSOR DEVICES HURT?

No. Sometimes, in rubbing the skin or putting on the electrodes, there are mild and/or temporary skin irritations. You may also feel a sensation of warmth where the oxygen-measuring device contacts the skin on your finger. However, these do not generally cause any significant discomfort.

WILL I BE GIVEN A DRUG TO HELP ME SLEEP?

No. In fact, we prefer to the extent medically possible that you be off sleeping medications for a least **eight days** before coming for the sleep study. It is also important not to consume any alcohol or caffeinated beverages on the day of the testing.

IMPORTANT: PLEASE DO NOT STOP ANY OF YOUR MEDICATIONS WITHOUT FIRST CONSULTING YOUR PERSONAL PHYSICIAN.

