

Pioneer Neurology and Sleep

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Sleep Study Instructions

Please read it carefully, feel free to call our office at 413 736 1500 if you have any questions.

PERSONAL HYGIENE

Electrodes will be placed on your head and body. For them to remain in place and function properly, your skin must be clean and dry. Please do not apply any skin moisturizers, creams or oils. Your hair also must be clean and dry. After shampooing your hair, **do not** apply any hairdressing such as hair spray, mousse, gel, oil or cream.

BED CLOTHES

Women: Please wear loose-fitting pajamas with buttons down the front, or a button-down shirt with sweat pants or shorts. Avoid wearing any revealing clothing, as others are often present. **Do not wear** one – piece gowns, jumpsuits, tight garments, or anything silky or slippery.

Men: Please wear either pajamas or a t-shirt and shorts or sweat pants.

Children: Please wear two-piece pajamas that button or snap in the front or back. Please do **not** bring one piece pajamas or pajamas that pull over the head.

OTHER INFORMATION

- You can bring your own pillow(s) if you feel that you will sleep better with them.
- Please do not bring valuables. You may want to keep a small amount of cash (\$10) for meals if necessary.
- Bring all sleep logs, diaries, and questionnaires with you.
- Do not take any naps during the day of your sleep study.
- **DO NOT** bring alarmclock/watch with you, as you will not be permitted to observe the time while in bed.
- Eat a full, regular meal before arriving at the Center. On the day of your sleep study, **AVOID** eating or drinking any caffeine, including coffee, tea and chocolate, especially in the afternoon.
- With the exception of daytime tests (MSLT), **the Sleep Center does not provide meals.** You may bring your own snacks and beverages as long as they are caffeine free.
- **Your safety is important to us.** If you are experiencing any sleepiness as a result of your sleep problems, please have someone drive you to and from your test.
- If someone is picking you up in the morning, he/she should arrive at the Center between 5:45 and 6:00 AM.
- Daytime (MSLT) patients should be prepared to stay that evening and the following day until 5:00 P.M.
- Children may bring familiar objects to help them sleep, such as toys, special pillow or blanket, storybooks, videotapes, pacifier or bottle.
- Please continue to take your medications as prescribed unless you are instructed to do otherwise. When you come to the Sleep Center you should bring:
 - 1) Any medications you might need during your stay.
 - 2) Lists of all medications, or the medications themselves, especially if you are diabetic, have a heart condition, or high blood pressure. **NO medicine will be provided unless ordered by a doctor.**
 - 3) The times you took your medicine on the day of your sleep study.