

SLEEP LAB

**499 Raglan Street, North,
Renfrew, ON K7V 1P6**

Dear

This letter is to confirm your appointment for an overnight sleep study in our Sleep Laboratory on _____ at _____ p.m.

PLEASE ARRIVE 15 MINUTES EARLY TO BE AT THE SLEEP LAB ON TIME.

Note: There will be a \$100.00 fee charged if you do not show up for your scheduled appointment or cancel with less than 24 hours notice.

Please read the following to ensure an accurate test and patient safety.

1. **NO ALCOHOL** on the day of test and **NO CAFFEINATED BEVERAGES**.
2. **DO NOT NAP** on that day.
3. **YOU MUST** bathe or shower and wash hair within 24 hours of coming for the test, otherwise the test will not be conducted.
4. Bring your Provincial Health Card
5. Bring a list of any prescription medication you are currently taking.
6. Take all routine medication.
7. Bring appropriate nightwear, toiletries, etc.
8. You may bring your own pillow and/or book to read.
9. If you are on CPAP please bring your own mask and headgear.
10. Please do not wear scented products, nail polish or face cream.

- Enter through the Emergency Doors!
- Stop at Switchboard located in the Emergency Department, where an outpatient form will be made. The Sleep Lab is located on the 3rd floor, down the hall opposite the elevator.
- You will be awakened at approximately 5:30 a.m. and be ready to leave by 6:45 a.m.
- There is a large parking lot at the hospital.

**FOR CANCELLATION OR RE-SCHEDULING, PLEASE CALL
MONDAY TO FRIDAY 8 A.M. TO 4 P.M. - 613-432-8259
AFTER 4 P.M. OR ON WEEKENDS - 613-432-4851 EXT. 158**

WHAT IS A SLEEP STUDY?

A sleep study (POLYSOMNOGRAM) is an overnight test in which we try to measure a variety of different things in the Sleep Laboratory while you sleep.

You will be given an appointment at the lab at either 9:15 p.m. or 10:00 p.m. During the “setup” a number of different measuring devices are applied to make continuous measurements while you are asleep.

- ◆ Four or more electrodes are applied with glue-like material to your scalp to measure the electrical activity in the brain (electroencephalogram).
- ◆ Electrodes are taped above and below your eyes. These will pick up electrical signals associated with Rapid Eye Movement (REM) sleep.
- ◆ A third set of electrodes are placed under the chin to measure the electrical activity of the muscles.

These first three sets of measurements are used to tell when a person is asleep and what level of sleep is achieved.

OTHER MEASUREMENTS ALSO BEING MADE

- ◆ Airflow by a tiny thermometer placed under the nose (warm air out – cool air in)
- ◆ Heart rate and rhythm is sampled by ECG (electrocardiogram).
- ◆ Breathing movement is measured with two bands placed around the rib cage and abdomen.
- ◆ Blood oxygen levels are assessed with a plastic probe placed on your finger.
- ◆ Two electrodes on your legs to monitor for jerky limb movements which may be disrupting your sleep.
- ◆ A small microphone taped to your neck measures snoring.

HOW YOU CAN PREPARE FOR A SLEEP STUDY

On the day of testing DO NOT nap or take caffeine. If there are any sleep aids which you usually use please bring them. Our pillows and mattresses are hospital regulation so you may wish to bring your own pillow, sheepskin or blankets for softening. WE WANT YOU TO BE ABLE TO SLEEP. Bring your own pyjamas or something comfortable to sleep in and your own toiletries. If you take sleeping medications, discuss with the doctor who referred you to the lab as to whether you are to continue taking them up to and including the night of the test. If they are to be discontinued it may take up to 2 weeks to remove the medication from your system.

IF YOU CANNOT KEEP THE APPOINTMENT – CALL 613-432-4851 EXT. 158

Sleep studies are quite labour-intensive. One technician monitors three patients per night. If you cannot make it to your study for any reason please call 613-432-4851 extension 158. If you get the answering machine, please leave a message. Similarly, if you are available on short notice let us know and you can be placed on our cancellation list.

WHAT HAPPENS AFTER THE STUDY?

- ◆ The scoring, interpretation and return of the results to the referring physician can take from 6-8 weeks. If your physician requires more urgent results, have your physician contact Dr. Leech’s office at 613-761-4636 to shorten this time.
- ◆ If you cannot sleep, you may be asked to try again on another night.
- ◆ If your physician has requested a consultation as well as a sleep study you may be given an appointment in the Sleep Clinic.
- ◆ If your sleep study indicates POSITIVE for Obstructive Sleep Apnea (OSA) you may be asked to return for a trial of nasal CPAP (continuous positive airway pressure) even before you see the sleep specialist.

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