

How to Prepare for your Sleep Study

- Bring something comfortable to sleep in such as shorts and a T-shirt or pajamas.
- Bring a pillow, book, magazine or anything that helps you fall asleep.
- Take a shower the day of the sleep study. Clean hair and skin make the electrodes stay on better for less interruption of your sleep.
- Men should be clean-shaven or have facial hair trimmed if possible
- No nail polish or artificial nails.
- Take any medication that is part of your normal routine. Do not take medication that is sedating prior to driving.
- Bring any medications with you that you may need to take while you are here, including over the counter medications.
- Do not nap the day of your study and no caffeine 6 hours prior to your appointment.
- Enter through the main entrance of the hospital 15 minutes early and register there.
- Bring your insurance card

If you are feeling sick or are unable to keep your appointment please contact the Sleep Medicine Department as soon as possible at (608) 768-6264 to reschedule your study.