

Patient Instructions

Patient Name _____ Study Type _____

Study Date _____ Study Time _____

Your physician has ordered a sleep study (polysomnogram) to evaluate brain wave activity, breathing patterns, oxygen level, muscle activity, and heart rhythms while you sleep. Monitoring is performed through the use of small sensors applied to the surface of the skin. You will be able to roll over and change positions during the night. You will also be able to use the restroom as needed. A technologist will be awake all night to monitor your recording and attend to your needs.

Please prepare for your study as follows:

- Refrain from caffeinated drinks, chocolate, and energy drinks the afternoon and evening of your study.
- Avoid taking naps the afternoon and evening of your study.
- Eat your evening meal before your arrive at the Sleep Disorders Center.
- Bring an overnight bag with comfortable sleep clothes (2-piece pajamas or elastic-waist shorts and a T-shirt are recommended) and toiletry items. You may bring snacks, reading material, and a pillow. Please do not bring valuable items to the Sleep Disorders Center.
- Shower and shampoo your hair before you arrive at the center. Avoid using hair spray, conditioners, hair oil, body lotion, or body oil as these may interfere with monitoring sensors.
- Unless otherwise advised, take all routine medications as prescribed. **Please note that the Sleep Disorders Center does not dispense any medication.**
- Arrive at the Sleep Disorders Center between 7:30 and 8:00 PM. Please do not arrive early as the technologists need time to prepare your room.
- Bring your driver's license and insurance card(s) with you.

We require a minimum of 24 hours notice of cancellation. Please call 352-333-5235 if you are unable to keep your scheduled appointment. Thank you for allowing North Florida Regional Medical Center Sleep Disorders Center to serve your needs.