



Medcenter One

medcenterone.com

Sleep study instructions

One to two days before your study

- It is important to pre-register through Medcenter One registration prior to your sleep study. Please call 701-323-6148 or 800-218-2032 8 a.m.–4:30 p.m. Monday through Friday.
- Notify the Sleep Center if you need physical assistance or special equipment.

One day before your study

- Have your usual meals, with no alcohol.
- Take your routine medications, unless you have been given special instructions.
- Take a shower or bath.

Day of your study

- Have your usual meals, with no alcohol.
- Take your routine medications, unless you have been given special instructions.
- Try not to nap.
- Make sure your hair is clean and dry. Please refrain from using hairspray, mousse, oil or gel the night of the study.
- Pack the following items:
 - Routine medications. The sleep technologists cannot obtain medications for you; be sure to bring what you need.
 - Comfortable sleeping clothes—we have hospital gowns for your use if you prefer.
 - Bedding is provided. If you will sleep more comfortably with your own blanket and/or pillow, bring them with you.
 - If you require or want a bedtime snack, bring one with you.

Arriving at Medcenter One Sleep Center

- Arrive at least 10 minutes prior to your scheduled appointment time.
- Parking is available in any of the Medcenter One parking lots. (See map included.)
- Come to the front doors of Medcenter One and stop at the **information desk for directions to the Sleep Center** or take elevator B to the fourth floor, turn right off the elevator and go to the very end of the hallway.

It is very important you are on time for your sleep study. If you will be late or cannot keep your scheduled appointment time, please call the Sleep Center at 323-8500 or 800-932-8768, ext. 8500. If you are late, your study may be rescheduled.

During your sleep study

- You will sleep in a queen-sized bed.
- Your private room will have a television, recliner, bathroom and shower with shampoo, soap and towels.
- Electrodes will be attached to your head, face and body with tape and paste. The paste washes off with soap and water.
- You will be monitored by sleep professionals located in an adjacent room throughout the entire study.
- The study will finish at approximately 6 a.m. the following morning.

After your sleep study

- The technologists cannot discuss your study results with you. The study results will be faxed to your physician within one–two weeks. Your physician will contact you with the results.
- If you do not hear from your physician's office within three weeks, please contact the Medcenter One Sleep Center.
- If you have questions, the staff at the Sleep Center are available to assist you. Contact us at 323-8500 or 800-932-8758, ext. 8500. Together, we will make your study as comfortable as possible.

Sweet dreams from the Medcenter One Sleep Center staff.