

## **Patient Instructions for Sleep Study and Multiple Sleep Latency Tests (MSLT)**

Your sleep study and MSLT will be conducted at the Southwestern Indiana Sleep Disorders Center, which is located in the Drury Inn and Suites Evansville-East, 100 Cross Pointe Boulevard. The Drury Inn and Suites telephone number is (812) 471-3400. The Sleep Center control room / office is located in Room 530.

### **You need to bring the following items with you for your sleep study and MSLT:**

- Insurance card(s)
- Driver's License
- Pajamas or sleep clothes (preferably two-piece pajamas or jogging shorts and t-shirt)
- Toiletries that you will need after your study
- Any items that you routinely use at bedtime, such as your favorite pillow
- A *current list* of the medications that you take (if any)
- **All medications that you will need to take during your study** (*the sleep center staff will not be able to supply you with, or obtain any medications for you*)
- Any clothing that you might want to change into prior to leaving the center
- **Lunch for the day of your MSLT** (a refrigerator and microwave will be provided for your use), any beverages that you bring must be *decaffeinated*
- Reading material for the following day during the MSLT. A television will be available for your use

### **Preparing for your sleep study and MSLT:**

- Avoid sleeping or napping during the day of your sleep study
- Avoid caffeine (coffee, tea, cola drinks, chocolate) after noon the day of your sleep study
- Please bathe or shower before you come for your study
- Please shampoo your hair before you come for your study; ***please do not put any conditioners, hair spray or styling products in you hair***

### **When you arrive for your sleep study and MSLT:**

1. Please arrive at the Drury Inn and Suites at **7:30 pm** (Evansville time, or Central Standard Time) on the night of your study. It is important that you arrive on time for pre-study activities, however there is no need to arrive prior to 7:30 pm.
2. Check-in at the front desk, by informing the front desk attendant that you are a patient of the Southwestern Indiana Sleep Disorders Center. A copy will be made of your insurance card and driver's license to update your record, and to verify your identity. You will then be directed to the sleep center Control Room, located in Room 530.
3. A technician will greet you when you arrive at the Control Room. You will give the copy of your insurance card and driver's license to the technician. The technician will then escort you to your bedroom.
4. **SMOKING IS NOT ALLOWED IN THE SLEEP CENTER FACILITIES OR ANYWHERE IN THE PATIENT BEDROOMS.**
5. Once you have had a chance to change into your pajamas or nightclothes, the technician will prepare you for the study ("hook-up"). This involves applying electrodes to your scalp, near your eyes, under your chin and on your chest and legs. Additional monitoring

belts and leads will also be placed. The proper application of these electrodes and sensors is critical for obtaining the information needed to evaluate your sleep, and diagnose a sleep disorder.

6. After the hook-up is completed, you will be given an opportunity to relax in your room until it is time to begin your study. The starting time of the study should correspond to your typical bedtime. When you are awakened the following morning, the technician will assist you in having breakfast brought to your room.
7. Once you have finished your breakfast, the technician will explain the MSLT procedure to you. During the MSLT, you will be given the opportunity to “nap” at two-hour intervals. During the naps your brainwaves will be monitored to determine if you were able to sleep and if so, how long it took you to go to sleep. Typically the MSLT is completed by 4:00 pm the afternoon following the sleep study.