

SLEEP CENTER

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UAB Medical West Sleep Disorders Center

5000 Medical West Way
Suite 508
Bessemer, AL 35022
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Appointment Date: _____ **@ 8:00PM**

Please give us at least a 48-hour notice if you need to cancel/reschedule appt.

Follow patient instructions below

A Sleep Study is a non-invasive procedure to monitor your sleep patterns and sleep behavior to determine if there are any abnormalities. Some of the more common disorders associated with sleep are Sleep Apnea (pauses in breathing while sleeping), Insomnia (difficulty initiating and maintaining sleep), Restless Legs Syndrome, Snoring, and Narcolepsy.

Your sleep study will consist of EEG (brain activity), EKG (heart rhythm), EMG (muscle tone and movement), airflow, respiratory effort, and oxygen saturation. Monitoring is collected using a series of small electrodes and conductive paste placed on your head, face, and legs. The paste is water soluble, and can typically be easily removed by washing with warm water. All sensors are non-invasive, so there will be no pain or discomfort during any portion of your study. You will be able to visit the restroom at any time during your study.

Your Sleep Study appointment is scheduled for 8:00 PM. Testing will begin shortly after your arrival, and will be completed at approximately 5:30 AM the following morning. **A minimum of 6 hours recording time is required.** You will be able to drive after the test. However, if you do not plan on driving please make arrangements for someone to pick you up when your study has been completed. Your sleep study suite will have a private bathroom including shower. Please inform your Sleep Technician if you plan on showering before or after your study. Most patients shower and start their day at the completion of their sleep study. Special accommodations can be made for people who need to leave early for work or other appointments.

WHEN YOU ARRIVE FOR YOUR SLEEP STUDY:

The Sleep Center is located on the UAB Medical West Hospital campus, in the Medical Office Building (MOB). Upon arrival, please park and enter through the Main Entrance (see map below). Take the MOB elevators located to the right of the Information Desk to the 5th Floor, and have a seat in the waiting area just outside the elevators. A Sleep Technician will meet you at 8:00 PM in the waiting area. **Please do not arrive prior to 7:50 PM.** If you are going to be late for your appointment or need assistance, please inform the Sleep Center staff by calling **205-481-7370**.



Patient Instructions

Please read prior to preparing for your sleep study!

1. Please bring any items that you may need...hearing aids, reading glasses, dentures, etc. You are welcome to bring a non-caffeinated drink and a snack. If you are diabetic, please be sure to bring whatever your needs may be.
2. Your family members and/or spouse are not allowed to stay overnight unless required by medical necessity.
3. Please eat dinner before arriving for your sleep study.
4. Take all medications as normal, unless otherwise ordered by your physician.
5. You will need to bathe and dry your hair the evening of the study before you arrive at the SleepCenter.
6. Please avoid using any hairsprays, hair gels, and hair products except shampoo the evening of your study.
7. Please avoid the use of makeup, ointments, and lotion the evening of your study. Makeup will need to be removed before your study if you choose to wear it to the Sleep Lab.
8. Facial hair will need to be clean shaven in the areas where you normally shave. Beards and mustaches are acceptable.
9. Please bring any special pillows or blankets that you may need. Please do not bring electric heating blankets.
10. Please bring comfortable sleeping attire, preferably pajamas with top and bottom, night gown, or shorts and a T-Shirt. For liability reasons we cannot allow patients to sleep nude.
11. You are welcome to bring reading materials, notebook computers, tablets, etc.
12. Please avoid alcohol, excessive caffeine, and napping the day of study.
13. Do not take over the counter medications, such as Tylenol PM, cough medications, or anything that may cause drowsiness. (Unless your physician has been notified and has given you permission.)*
14. **If you need special assistance you will need to notify the Sleep Center prior to your study, so arrangements can be made.**

* Regular Tylenol, Aspirin, Ibuprofen, etc. is acceptable unless otherwise ordered by your physician.

We ask that you give a 48-hour notice if you need to cancel or reschedule your appointment.

If you have any questions, you may call **205-481-7370** to speak with the Sleep Center staff.