



**Wolfson
Children's
Hospital**

Your sleep study will be performed at:

- Baptist Medical Center Jacksonville Baptist Medical Pavilion, 7th Floor
836 Prudential Drive
Jacksonville, FL 32207
904.202.1632
- Baptist Medical Center Nassau
1250 South 18th Street, Suite 206
Fernandina Beach, FL 32034
904.202.1632
- Baptist Medical Center Beaches
Wilson/Epstein Center
1320 Roberts Drive
Jacksonville Beach, FL 32250
904.202.1632
- Baptist Medical Center South
Medical Office Building
14546 Old St. Augustine Road, Suite 205
Jacksonville, FL 32258
904.202.1632

baptistjax.com/sleep • Email: sleep.center@bmcjax.com

Sleep Disorders Center

904.202.1632 • FAX 904.202.4951

Patient Instructions for Overnight Sleep Study

Dear _____,

You are scheduled for a sleep evaluation (polysomnography) on _____ (date) at _____ p.m. Your sleep study will be performed at the location indicated above. Please refer to the back of this sheet or the attached page for detailed directions to the Sleep Disorders Center.

- You are scheduled for an overnight evaluation only which will end at approximately 6:30 a.m. the following day.
- You are scheduled for an overnight evaluation AND nap studies the following day so please be prepared to stay until 4:30 p.m. You may bring reading material and/or work to keep you occupied between naps. Breakfast and lunch will be provided for you during your day test. If you are scheduled for a day (MSLT) sleep study, please be advised that you will be required to change into street clothing for the day portion of your sleep study.

What to Expect

- Several small "sensors" will be placed on your head, face, chest, abdomen and legs. The purpose of these sensors is to monitor brain wave activity, eye movements, muscle activity, heart rate and respirations.
- It is important that you arrive on time for your evaluation. We require at least **24 hours notice of cancellation**. If you are unable to keep your appointment, please call immediately so that another patient may benefit from this time.
- Baptist Health facilities are smoke- and tobacco-free. If needed, please make arrangements for nicotine replacement during your stay with us.



What to Eat

- Do not drink/eat **alcohol or caffeine** (coffee, tea, chocolate or caffeinated soft drinks) after 12 noon the day of your study. These products can affect the validity of your test.
- Eat your evening meal prior to arriving. Evening meals are not provided at the Sleep Center.
- If you require food during the night due to a medical condition (diabetes, hypoglycemia, etc.), please bring snacks.

What to Wear and How to Prepare

- For your comfort and convenience, we recommend bringing loose-fitting two-piece pajamas or a loose-fitting T-shirt and a pair of loose, elastic waistband shorts. Patients must wear some form of sleep attire.
- Please bathe and shampoo your hair prior to coming to the lab since sensors will be placed on your scalp. **DO NOT** use hair sprays or oils. We recommend that you do not have your hair styled prior to the sleep study. Please no weaves or toupees.
- Please **DO NOT** nap the day of your test.

A Note About Medication

- Take all routine medications as prescribed by your doctor prior to arriving at the sleep center.
 - Please bring a written list of medications with you to the Sleep Center.
 - The Sleep Center does **NOT** dispense, administer, accept control of, any medication. We do not have refrigeration for medications either.
- If you have questions, please contact the Sleep Center or your physician.

What to Bring

- Insurance card(s)
- All personal items that you may require (toothbrush, toothpaste, etc.) as the Sleep Center does not have these available
- Pillow and blankets are provided, however you may bring your own for your comfort
- Snacks, only if you have a medical condition as referenced above under **What to Eat**
- Comfortable sleep attire as described above under **What to Wear and How to Prepare**
- Routine medications as described above under **A Note About Medication**
- Reading material and/or work to keep you occupied between naps, if you are scheduled for nap studies.
- If you are currently on CPAP/BiPAP, please bring your mask and headgear. **DO NOT BRING YOUR MACHINE.**

Following Your Sleep Study

- The results of your sleep study will be forwarded to your physician within 10 business days from the date of your study. This amount of time is necessary for scoring, physician review and interpretation and report processing.

