

Preparations Prior To Your Sleep Testing

No naps.

Refrain from caffeinated beverages and alcohol the day of testing.

Smoking/vaping is not allowed at the sleep facility. Please make arrangements to use a patch or plan to refrain from smoking until your testing procedure is over.

No acrylic, gel, dipped or heavily polished nails on your right or left index finger. We will be monitoring oxygen levels and your study will be rescheduled if we are unable to get an appropriate tracing.

Hair must be dry and free from gels/creams. It is advised to refrain from using conditioner the day of testing. Due to placement of electrodes on the scalp, please ensure that the hair is free of braids.

Please bring your normal and prn medications with you and plan to take all your normal meds the night of testing. Your technologist cannot administer any medicines. If you are unable to take your medications without assistance, please plan to have someone available to administer your meds. In the event that your sleep specialist has prescribed a sleep aid, please be sure to have those medications picked up from the pharmacy prior to sleep testing.

We have refrigeration for any medications, formula or other items you deem necessary to bring.

You may prefer to bring your own pillow for added comfort however this is not necessary. Reading material or other calming activities are excellent ways to pass the time prior to lights out.

In the event of illness, please stay home and plan to reschedule. Call the sleep center with any questions regarding illness. In the event of an emergency, please call 911.

All children under the ages of 18 must be accompanied by an adult unless deemed unnecessary prior to your sleep study. Appropriate paperwork will need to be filled out ahead of time or prior to the start of sleep testing.

We do not condone any violence or verbal abuse. This is a zero tolerance policy and you will be asked to leave without exception.

Review your appointment time and plan to arrive at your scheduled time. It is imperative that you arrive at the correct time unless other arrangements have been made. If you are running late, your testing may need to be rescheduled. Please call 515-224-3948 after normal business hours and leave a message notifying the night staff of illness or unexpected delays. We will do our best to work with you.

Our facility is a weapons free zone.

Together we look forward to optimizing your sleep testing experience

What to expect the night of your Sleep Study

Prior to arrival

Please review the sheet included in your sleep packet titled "Preparation's Before Your Sleep Study".

Arrival

Please ring the doorbell at the entrance to the building. The Sleep Technologist are available to buzz you in starting at 715pm unless other arrangements have been made. For those who do not require wheelchair assistance, please utilize the stairs or elevator and make your way to the second floor. A sleep technologist will greet you at the front door of Suite 200. Wheelchair assistance is available upon request.

A sleep technologist will obtain your height, weight and blood pressure. After a brief tour of the restrooms and the tech control room, you will be assisted to your private sleep room. After reviewing paperwork, we will give you time to get unpacked and changed into your pajamas. Cable TV with live streaming and WIFI access are provided.

Sleep study hook-up

Your personal sleep tech will explain the procedure for electrode placement. Electrodes will be adhered using washable and hypoallergenic paste to several small spots on your scalp and several places towards the edges of your face. We will use patches on your chest for heart monitoring and on your legs/arms to monitor limb movements. All electrodes will be plugged into a small headbox that will have a strap for easy portability. The hook-up is generally done within 30 minutes and the wires are bundled in a manner which allows you to have free range of motion. Generally, you will have time after your hook-up to acclimate and desensitize to the wires. Lights out will be determined with your sleep technologist dependent upon the type of testing you are undergoing. This will give you time to relax prior to the start of testing. Due to the nature of our testing, we will require noise reduction in the hallways starting at 9 p.m.

Lights Out

Your tech will help you get settled in bed, check the integrity of the wires and be available to help you get up as needed throughout the night. The wires generally do not restrict your desired position of sleeping however you may be encouraged by your sleep tech to sleep in a position recommended by your Sleep Specialist.

Lights On

Lights on varies greatly depending on the type of testing. Generally, night testing concludes by 6am. All electrodes will be removed and the patient is free to leave. Results of testing will be called as soon as they have been scored and read by your Sleep Specialist.

Thank you for choosing *DSM SLEEP SPECIALISTS!*