



Sleep Management Services

1-877-989-9919

INFORMATION FOR YOUR SLEEP STUDY

As you know, your doctor has referred you to us for a sleep study. We want this experience to be a good one, so there are a few things we can help with before hand in order to prepare you for your sleep testing.

The following information tells you about the test and gives you instructions and a checklist of items to bring to the sleep lab on the night of the study. If you have any questions please call us at the office or ask your technician on the day of the study. They are there to care for you, even if it is to get you another blanket, a drink of water, or adjust wires for your comfort. **WE WANT THIS TO BE AS PLEASANT OF AN EXPERIENCE AS POSSIBLE.**

This study is called a Multiple Sleep Latency Test or MSLT. Every two hours you will be given an opportunity to fall asleep, or nap, for a series of 4-5 naps. The results during that day determine if you have to have a 5th nap opportunity. So a typical testing schedule would be an appointment at 8:00 am, with napping opportunities at 8:00 am, 10:00, 12:00, 2:00, and 4:00. You cannot sleep between naps. Lunch will be provided, however you cannot have caffeine during the testing process. It is a long day, so bring work, magazines, books, or crafts to pass the time between naps. **Enclosed is a Sleep Log that you will need to complete and bring with you on your testing date. Please call us if you have any questions.**

These recordings are taken by the placement of several electrodes on your head, around your eyes, chin, forehead and chest. These electrodes are held in place with a thick paste that will wash out when you shampoo your hair. The hook-up time usually takes about 30 minutes and does not hurt. You can watch TV, read, or discuss the testing process with your technician during this time.

All of this monitoring equipment is plugged in to a small box that will allow you to get up during the night to use the restroom, stretch or get a drink of water.

There are a few more things that you can do to help us to get good results on your study.

- Let us know if you have any special needs. (For example oxygen, help with walking, incontinence etc.)
- Bring comfortable sleepwear; 2-piece with buttons down the front, if possible
- Be freshly showered and wash your hair. No heavy lotions, hairspray, oils, gels or weaves
- Bring your favorite pillow and/or blanket, although these are available at the sleep lab
- Reading materials or something to work on.
- Toiletries; toothbrush/paste, comb etc.
- The study will finish around 4:00 pm.

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HOSPITAL LOCATIONS

Arkansas Heart Hospital, Ashley County Medical Center, Bradley County Medical Center, Chambers Memorial Hospital, Chicot Memorial Medical Center, St. Vincent Morrilton, St. Vincent-North