



Tri-State Sleep Disorders Center
1275 East Kemper Road
Cincinnati, Ohio 45246
(513) 671-3101

Patient Instruction For PSG

Polysomnographic (overnight sleep study) evaluations are quite different from any other medical testing which you may have experienced in the past. These pages are meant to inform you of what you may expect while you are an outpatient in our center.

Personal Items:

On your first night in the lab you will be provided upon request, with a bag containing a toothbrush, toothpaste, mouthwash, deodorant, shampoo/soap, a comb, razor and shaving cream. Any other toiletry items should be brought with you. Suitable bed wear must be worn for the test you will undergo. It is preferable if the pajamas are two pieces that the shirt buttons in the front, or is loose fitting. Patients are not permitted to sleep in undergarments alone. Approximately twenty electrodes will be placed on several areas of your body and head prior to bedtime. In the morning, after the electrodes have been removed, you will be able to shower. It is difficult to remove the substance used to place the electrodes on your scalp from your hair and therefore you will require shampooing.

Meals:

Breakfast items are available for patients upon request. If you require daytime monitoring, we also provide you with lunch.

Other:

If your monitoring is overnight only, you can expect to leave by approximately 7:00 a.m. On Saturdays the office is closed at 8:00 a.m.. You will be required to stay in areas designated for patients. Smoking is not permitted inside the building. You may use the telephone, but we ask that you limit the use to emergency calls only. The doctor will discuss your results at your follow up visit. Technicians are not qualified to discuss your results.

Procedures You Need to Follow:

- Report to the sleep disorders center at 8:15 p.m. Do not report early; no staff is available prior to this time.
- Ring the door bell along the block wall and a night tech will come out to get you.
- If you will be delayed due to an emergency, please call the center at 513-671-3101 so that the staff are aware and can advise you if you need to be rescheduled.
- The day of your evaluation, you should avoid alcoholic beverages.
- Do not discontinue the use of daily medications unless otherwise directed by our doctors.
- Do not take any naps during the day or evening that you are scheduled for your evaluation.
- Eat your evening meal before your arrival at the sleep disorders center.
- Maintain your regular daily schedule and activity level. Do not begin new exercise programs if you are not already involved in them.
- Shower before you arrive at the sleep disorders center.
- If you are a man who normally shaves, please do so the day of your sleep study.
- Please do not leave the sleep disorders center in the morning without reporting to the technician.

Your cooperation with the above instructions is appreciated and necessary to ensure that we receive accurate results from you evaluation and to be certain that you are provided with the highest level of medical supervision.