

# INFORMATION and INSTRUCTIONS for an overnight sleep test



There are 6 bedrooms, 2 technologists. You will have your own room. Take the elevators to the 3rd floor. Exit the elevators to your right and follow the sheep stickers on the floor to rm 3127.

## BEFORE THE TEST:

- Do not nap the day of your test.
- Do not have caffeine or alcohol after 12pm.
- Gentlemen, please shave facial stubble before your test. Beards are ok.
- Please no make-up or moisturizer on your face & legs. No nail polish or artificial nails (pertains to index fingers only).

## WHAT TO BRING:

- **Sleep attire.** Wear something comfortable & loose fitting (i.e., pjs, shorts & a t-shirt, nightgown). Please do not wear onesie pjs. Gentlemen: please sleep with a shirt on even if you are used to sleeping with a bare chest. Respiratory bands are placed over your chest and abdomen and they may not be comfortable directly against your skin.
- **Something to read or do.** You will be hooked up with the equipment soon after you arrive, but you do not have to go to sleep right away. You can relax in your room and read before bedtime.
- **A drink and/or snack (optional).** Remember: nothing with caffeine.
- **Medication.** Take it as you would normally do unless the doctor tells you otherwise. If the sleep specialist prescribed something for you to take for the test please bring it.
- **tubing & mask if you already use a CPAP machine.** Also bring accessories (i.e., hose suspension system, etc.). We do NOT need your machine.
- **Toiletries.** We have shower facilities onsite. Do not bring towels. They are provided. Note: we have a no scents policy. Only bring unscented products.

## WHAT NOT TO BRING:

- **Linens:** Due to hospital wide Health & Safety precautions, do not bring pillow(s) and/or linens. Each room has linens provided. Extra pillows and blankets are available. If you bring linens they will not be permitted into the sleep area and will be held for you until morning.
- **Smoking:** Smoking is not permitted.
- **Scented Products:** Scented products are not permitted.

## WHEN YOU ARRIVE:

- Please be on time. Late arrivals affect everyone else's bedtime.
- Arrive for your specified appointment time only. There is no need to arrive any earlier or you may have a long wait.
- The overnight parking rate is \$13.25. You may park at the main entrance.
- Come straight to the sleep clinic. You do not have to stop anywhere else.

### **SET-UP:**

- Soon after you are settled in your room, you will be hooked up with the equipment. This process is painless and takes about 40-50 minutes. The technologist will explain what the equipment is used for and what it records. You will have some paste on your scalp. It will wash off next day.

### **DURING THE NIGHT:**

- You may toss & turn with the equipment on and sleep in any position you like.
- If you need to use the washroom, just press the call button in your room. A technologist will come in and simply unplug your equipment so that you can get up. Do not hesitate to press the call button anytime you need assistance.
- Each room has a video camera that is turned on when you are ready to sleep. Video is recorded to aid in the diagnosis. Recorded video clips are deleted after your test is analyzed unless they are clinically relevant. Should you have video captions that would be useful for educational purposes, you will be asked to sign a consent form.

### **WAKE-UP:**

- Wake up times are between 6:00 & 6:30am. The technologist will remove all of your equipment. If you are getting someone to pick you up you should be ready to leave the hospital by 7am at the latest.

**If for any reason you cannot make any of your appointments, please call:  
(613) 722-6521 x 6248**

A fee may be charged for appointments canceled with less than 48 hrs notice.  
We ask that you please provide notice so that we can fill your previously scheduled spot  
as other people are waiting.

If you have a cold or flu please call us as soon as possible to reschedule your test.

### **FOR CANCELLATION LISTS AND CONFIRMATION CALLS:**

Due to confidentiality, please take note that our number does not show up on call display  
when we are trying to reach you.

*Thank you!*



Please also consider taking our satisfaction survey at  
[www.theroyal.ca/sleep](http://www.theroyal.ca/sleep).