



## PSG/ Overnight Sleep Study Preparations

**PSG** (Polysomnogram) is an overnight sleep study. This study is used to test for Sleep Apnea, Narcolepsy, Periodic Limb Movements and many other sleep disorders. The test monitors heart rhythm, brain waves, leg kicks, oxygen levels and breathing patterns while you sleep. A sleep technician records all of this data and it is then analyzed by Dr. Jochims.

### **Before your test:**

Rules to follow the day of your sleep study:

- No naps
- No caffeine (coffee, tea, cola, chocolate, etc) starting at noon that day
  - Decaffeinated drinks are okay
- No alcohol
- No makeup or nail polish
- Shower and shampoo your hair on the day of your study
  - Clean hair and skin helps the recording
  - NO sprays, gels or creams in your hair
- Men without beards should shave 1 or 2 hours before coming in for your study

**Length of the test:** One evening from 8:00 P.M. until 7:00 A.M.

**During your test:** A sleep technician will meet with you and give you a tour of the facility. You will have your own room with a full bathroom attached. The technician will place 16 sensors on you. The sensors will be placed on your cheeks, scalp, chest, and lower legs. All of these sensors are plugged into a portable device so that you can get up and move around freely. You will be able to use the bathroom if needed. You will have some time to relax in your room, and you are welcome to bring a book to read or watch television until you are tired enough to fall asleep.

**After the test:** In the morning, the technician will wake you up and will help you remove the sensors. You are welcome to take a shower and eat some breakfast before you leave.

Dr. Jochims will communicate your test results to both you and your referring physician. Results will be available in approximately \_\_\_\_\_ days after your test.

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My appointment with: **Neurological Wellness Clinic, (262) 522-3070**

**Procedure: Polysomnogram (Sleep Study)**

**Ordered by: Dr. Sean A. Jochims / \_\_\_\_\_**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_ PM / AM

**Location:**

**2301 Sun Valley Dr. Suite 300, Delafield – ProHealth Care Sleep Center, (262) 928-4043**

- Follow up appointments may be done at any of our five convenient locations. Call the Neurological Wellness Clinic at (262) 522-3070 for locations and to schedule appointments.