

# The Village Sleep Lab

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## Polysomnography Instructions

1. Wake up early and be as active as possible during the day of the study, i.e. tire yourself out.
2. No naps the day of the study.
3. Limit or eliminate caffeine intake after 12:00 pm
4. Bring regular night-time and early morning medications to the sleep lab, but no alcohol or caffeine-containing beverages
5. Arrive at the sleep lab at **8:45 pm.**
6. Bring two-piece pajamas or comfortable sleeping clothes for the study.
7. If the study is on a pediatric patient, then a parent or guardian may have to stay, and this should be discussed with the physician ahead of time.
8. If the patient requires a great deal of assistance during the night, then a caregiver may have to stay, and this should be discussed with the physician ahead of time.
9. We do have recliners and a wedge pillow for the bed.
10. We have basic cable TV, magazines, snacks, and water for the patients. However, there is no Wifi, since it may cause interference with the sensitive sleep recording instruments.
11. As soon as the sleep technologist enters the room, the entire encounter and stay in the bedroom will be recorded: video and sound (detect snoring). Infrared cameras record the patient when the room is dark, in order to detect abnormal movements, e.g seizures.
12. The sleep technologist will explain to the patient all the equipment and how it will be used. Also, the sleep technologist will stay the entire night, monitor the recording of the data, and assist the patient.