



Sleep & Attention
Disorders Institute

(Accredited by American Academy of Sleep Medicine)

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TEST INSTRUCTIONS

GENERAL

Please take your usual medicines unless we tell you otherwise. Testing is an outpatient procedure, in the physician office, with no nursing services.

The campus and office are non-smoking.

Bring a chaperone if you need any special assistance, such as help with walking, or special medical care. Your chaperone may sleep in a chair-bed in your room. A parent or guardian is required if you are under 14, and recommended if you are under 18.

Please shampoo your hair and wash your face before arrival, and avoid hair spray and make-up following that. This improves the recording quality. This is not applicable for home sleep apnea testing.

The technologist will painlessly apply electrodes to the skin of your scalp and body, without breaking the skin. This does not apply to home testing.

FOR OVERNIGHT SLEEP CENTER TESTING

Please wear comfortable loose clothes to your appointment. Please bring pajamas or a sweat suit, not a nightgown. You may not sleep in underwear.

Bring toiletries and a change of clothes if you wish. Rest-rooms and a shower are available.

If the scheduled testing is a re-testing after treatment, please follow your usual treatment schedule, and bring any CPAP mask and headgear.

You may use only grounded (three-pronged) personal electrical devices in your bedroom.

FOR DAYTIME MSL TESTING

Bring your own breakfast and lunch, and reading materials or a DVD for your enjoyment. Do not bring any caffeinated beverages. A refrigerator and microwave are available for your convenience.

Maintain a regular schedule in the two weeks before testing. Get 7-8 hours of time in bed each day.

FOR HOME SLEEP APNEA TESTING

We will give you the equipment when you arrive and show you how to use it. At home you will apply one or more belts around your chest/ abdomen, a tube on the nose and an oximeter on the finger.

FOR ATTENTION TESTING (EEG/EPs)

Bring hearing aids or eyeglasses, if you use them.

Please eat a regular meal 1/2 to four hours before testing.

Avoid caffeine and alcohol in the four hours before testing and during testing.