

Preparing for a sleep study

A sleep study involves staying overnight at a sleep lab. Prior to the sleep study, discuss with your doctor any medications you are taking.

On the day of your sleep study:

- Follow your regular routine as much as possible
- Avoid napping
- Avoid caffeine after lunch
- Avoid using hair sprays or gels that can interfere with the sleep recording
- Avoid alcohol or other sedatives unless discussed with your doctor

You may want to bring:

- Comfortable pajamas or sleep clothes
- A toothbrush, toothpaste and dental floss
- Makeup remover
- Reading material
- Clean clothes for the morning
- Evening and morning medications

