

Understanding the Diagnosis and Treatment of Obstructive Sleep Apnea

How a Patient Can Prepare for Their Polysomnogram

- Do not consume any alcohol on the day of the test.
- Do not consume any caffeine 6–12 hours prior to the test.
- Try to refrain from napping on the day of the test.
- Try to maintain a normal sleep-wake routine the week prior to the test.
- If you are on medications, take as usual (or bring along) unless otherwise instructed by your physician.
- If the patient is a child, a parent/guardian may need to stay over night as well.
- Before leaving home, bathe and wash hair. Avoid make-up, nail polish, hair spray, or conditioners. This helps the various electrodes adhere better.
- Facial hair can be worked with but, if possible, shave any recent facial growth.
- Bring appropriate sleeping attire (two-piece pajama preferred and no satin).
- You may bring your own pillow, otherwise they are provided.
- You may bring reading material or anything relaxing to help you unwind before you are asked to go to sleep.