



SleepCare

Kenmore Mercy
Hospital

3950 Elmwood Ave.
Kenmore, NY
14217

Ph. (716) 447-6046
Fax (716) 447-6047

Name: _____

Appointment Confirmation and Instructions: Diagnostic with MSLT

Appointment date: _____

Arrival Time: 8:00 pm

Free, overnight parking is available in the front lot. Enter through the main entrance of the hospital. Please check in with the volunteer at the information desk and have a seat in the lobby until you are instructed to proceed to the Sleep Lab.

If you cannot keep your appointment, please call 447-6046 at least 24 hours in advance. If you are not in your baseline health at the time testing is scheduled (i.e., you have a cold), call us at least one business day prior to your appointment to discuss whether it may be necessary to rescheduled.

The enclosed Sleep Log must be filled out starting with the date on the log and brought with you on the night of your testing.

Please follow these instructions on the day of testing:

1. The evening meal will **not** be provided. Please be sure to eat your regular evening meal at home.
2. Please refrain from the intake of alcohol and caffeine after 3:00 p.m. on the day of the test. This includes coffee, tea, soft drinks with caffeine, chocolate, etc.
3. If you need to take any medications during your stay in the sleep laboratory (both prescription and/or over-the-counter), please bring the medication with you in the original container(s). No medication will be supplied by our staff. You should continue your usual medication(s) unless your doctor wants you to stop them. Please ask your doctor.
4. Please make sure your hair is clean and dry for the test and free from oils, hair spray, mousse and gel.
5. If you wear a hair piece of any type, it must be removed for the test.
6. Please make sure you face is clean of any makeup/moisturizers.
7. Please bring:
 - Reading glasses if needed to complete/sign forms.
 - Glucometer and testing supplies, if diabetic.
 - Insurance card(s) and ID (i.e., driver's license). Even though you will be spending the night in the sleep lab, it is considered an outpatient procedure.
 - Your **COMPLETED SLEEP HISTORY QUESTIONNAIRE AND EPWORTH SLEEPINESS SCALE**
 - Sleep Attire- Loose-fitting, comfortable style (preferably a two-piece button down style). If pants are chosen, please bring ones that can be pulled up to your knees to aid in the application of electrodes. Hospital gowns are also available.
 - Change of clothes for the next day. Since a series of nap sleep studies may be performed the following day, your change of clothes should be something comfortable (i.e., a loose fitting jogging suit/sweat pants and a comfortable button down shirt).
 - Toiletries- i.e., your toothbrush, toothpaste, shaving kit, comb, etc.
 - Some "busy" work (i.e., reading, crossword puzzles, laptop, etc.) as you will be required to stay out of bed and awake between nap opportunities.
 - If you are currently on CPAP/BiPAP please bring your mask & headgear with you.
8. Please leave valuables at home.
9. Smoking is **not** permitted in the Sleep Laboratory. Kenmore Mercy is a non-smoking facility.



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10. You can expect the following schedule:

- Arrival Time: You will be oriented to your room, prepared for the test and connected to the monitoring equipment.
- 10:00 p.m. - 11:00 p.m.: Overnight recording will begin sometime within this hour.
- Approx. 6:00 a.m.: Overnight sleep study will typically end at this time. You may dress after the recording. If a series of nap sleep studies are going to be done the technician will inform you at this time (see instructions regarding nap sleep testing). If nap study is not required, you will be discharged from the lab at this time.

Nap Study instructions:

If the daytime study is necessary you may expect the following:

- You will be awakened from your nighttime study at approximately 6:00 a.m.
- You will begin a series of 4 - 5 nap opportunities every two hours.
- Your breakfast and lunch will be provided. Please contact us if you have any dietary restrictions.
- Discharge from the lab typically will occur by 4:00 p.m.