



## How to Prepare for a Laboratory Polysomnography (PSG) Followed by a MSLT or MWT

### Personal hygiene and belongings

- Wash your hair before your appointment. Do not use gel, mousse or hairspray.
- Do not use any make-up or moisturizer on your face or body
- Bring pyjamas, slippers and any necessary personal items
- No nail polish, gel or acrylic nails on at least two fingers (index and middle fingers)
- You may want to bring your own pillow if you think it will help you relax
- Wear comfortable clothes the day of the test
- You will have some free time between tests so we suggest you bring something to do (book, music, work, etc.)

Bedding (pillows, sheets and blankets), a bathrobe, a towel, soap, shampoo and a hairdryer are PROVIDED.

### Coffee and medication

- Do not change your normal routine the day of your test
- Consume caffeine and alcohol in moderation the day of the test<sup>1</sup>
- Avoid napping the day of the test<sup>1</sup>
- Continue taking your prescribed medication unless your physician instructs you to do otherwise. Bring a list of your current medication (ask your pharmacist to prepare a record from your file)
- Bring all medications and medical equipment that you will need for your overnight stay

### Additional information

- A health professional will monitor you from a control room
- A camera is placed in each room/laboratory and records the test to ensure your safety and so your physician can monitor your behaviour during your sleep in the laboratory
- Breakfast and lunch are provided (please advise us of any allergies). Feel free to bring snacks.
- In case of emergency the night of your test, call 514 882-9896, 514 914-3124 or 514 269-3033
- Please note that a 50% penalty will apply for any cancellation less than 24 hours before the test
- **For more information, please contact us at 514 SOMMEIL (766-6345)**

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<sup>1</sup> Based on the recommendations of the American Academy of Sleep Medicine (AASM)

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