



Centre des troubles du sommeil

Sleep Disorders Centre



## Preparing for a Laboratory Polysomnography (PSG) How to Prepare and What to Bring

### Personal hygiene and belongings

- Wash your hair before your appointment; do not use gel, mousse or hairspray. Hair should be dry upon arrival
- Do not use any make-up or moisturizer on your face or body
- Bring pyjamas, slippers and any necessary personal items. If you normally sleep without any clothing, please bring a pair of shorts or pants with you
- Remove all nail polish, gel or acrylic nails from at least two fingers (index and middle fingers)
- Please advise the sleep center if you have a beard. We will discuss with you the placement of electrodes
- Please shave your beard in the evening before arrival in order for the electrodes to adhere well in place
- You may want to bring your pillow and extra clothing
- Please advise the sleep center if you require special accommodations

WE PROVIDE: Bedding (pillows, sheets and blankets), bathrobe, towels, soap, shampoo and hairdryer

### Coffee and medication

- The day of your test, do not change your normal daily routine
- The day of the test, avoid caffeine (coffee, tea, cola, chocolate) after 10:00 and avoid alcohol unless otherwise directed by your sleep specialist<sup>1</sup>
- Avoid napping the day of the test<sup>1</sup>
- Take your prescribed medication as per usual 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 with you during 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 see your behaviour during your sleep in the laboratory
- For your security, we recommend that you do not drive yourself to the laboratory on the evening of the test as well as to home or work the following day. You can, however, ask a family member to accompany you or use another mode of transportation. Please don't hesitate to contact us for more information. *(For example, you could have problems sleeping because you are not in your usual environment)*
- In case of emergency the night of your test, you can call 514-882-9896, 514-617-0107 or 514-914-3124
- Please note that a 50% penalty fee will apply in case of cancellation less than 24h before the test
- **For more information, please call 514 SOMMEIL (766-6345)**
- Please note that it is your responsibility to confirm your presence at the sleep laboratory the day of your test between 8:30 am and 1:00 pm otherwise your appointment will be cancelled.

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