



CONTACTING US

For patients checking in at UM Shore Medical Center at Dorchester or UM Shore Medical Center at Easton, please arrive at the Emergency Room desk at least 15 minutes prior to your appointment time and notify the receptionist that you are scheduled for a sleep study.

For patients checking in at UM Shore Medical Pavilion at Queenstown, use the intercom to the right of the entrance to contact the Sleep Lab. You'll press the down arrow until you see "SLEEP LAB" then you will press the "CALL" button. Please be patient, as the intercom will ring for the technician, who will then answer and proceed to the entrance to let you enter.

UM Shore Medical Center at Easton

219 S. Washington Street
Easton, MD 21601
410-822-1000 ext. 5338
FAX: 410-763-7051

UM Shore Medical Center at Dorchester

300 Byrn Street
Cambridge, MD 21613
410-228-5511 ext. 5338
FAX: 410-763-7051

UM Shore Medical Pavilion at Queenstown

125 Shoreway Drive, Suite 230
Queenstown, MD 21658
410-822-1000 ext. 5338
FAX: 410-763-7051

umshoreregional.org/programs/sleep

PREPARING FOR YOUR SLEEP STUDY



UNIVERSITY of MARYLAND
SHORE REGIONAL HEALTH

PRE-REGISTRATION

Pre-registration will help to ensure that we have all the necessary information from your physician and insurance company. Call 410-822-1000, extension 2600, and select prompt "4" to pre-register.

THE DAY OF TESTING

Please complete all of your daily activities prior to your arrival. We do not allow visitors once you arrive in the sleep lab. We will allow only emergency phone calls.

Please prepare for your sleep study by:

- Eating your customary evening meal
- Shaving any stubble (beards and mustaches are acceptable)
- Washing your hair before coming to the lab
- Removing hair extensions, braids, weaves, or attached hairpieces
- Removing creams or lotions
- Avoiding alcohol, unless it is an every night pattern for you
- Avoiding napping, if possible
- Avoiding caffeine (e.g., coffee, tea, cola, chocolate)
- Avoiding or minimizing all fluids after 6 p.m.

WHAT TO BRING WITH YOU

- Clothes to sleep in (pajamas, nightgown, shorts, large T-shirt)
- A change of clothes for the morning
- Your medication(s). **PLEASE NOTE:** The sleep physician may give you specific instructions to stop taking or to begin taking a particular medicine. If you take medicine to help you sleep, bring it with you, but **DO NOT** take it until instructed to do so at the lab.
- A list of all medications you are taking, including vitamins
- Toiletries (toothbrush, toothpaste, and shampoo, if you choose to shower the next morning)
- A favorite toy, pillow, or book
- A snack or non-caffeinated, non-alcoholic beverage, especially if you are diabetic
- Your ID and insurance information or referrals needed for registration

WHAT TO EXPECT

During the Study

- The same sleep you experience at home will also occur in the Sleep Center, except it will be observed and measured. Rarely are any medications required to induce or improve your sleep.
- When you are dressed for sleep, the polysomnographer will apply approximately 20 electrodes to your scalp and skin. You may feel a slight tingling sensation where the skin is cleaned. Some gauze may be wrapped around your head to help hold the electrodes in place.
- You may change positions relatively freely and use the adjacent private bathroom as needed while you are at the Sleep Center. An intercom is provided near the bed so you can be heard at any time.
- The sleep lab environment is safe and conducive to sleep. It is dark, quiet and pleasant, similar to a hotel room with controlled, comfortable temperature.
- If you are scheduled for the daytime nap test, the technologist may leave some of the recording devices on you. They are painless and will not interfere with your waking activity.
- Please, no social calls during the nighttime study. In case of an emergency, have your family or friends call the Sleep Center.

After the Study

- Your overnight study will conclude between 6:00 – 6:30 a.m. If you are having the daytime nap study, you may use the telephone during your wake-time breaks.

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