

Care Gram

Sleep Study

2000 Tamarack Road, Newark, Ohio 43055

Test Date: _____ Time: _____

How the Test Works

A sleep study is a test performed while you sleep at night. This test is used to evaluate and diagnose any sleep problems that you may have. Sleep studies are safe tests that provide valuable information for your doctor. Sleep studies are done on an outpatient basis, so you will not be admitted to the Hospital.

Allowing Time

Arrive for your sleep study appointment at 7:45 p.m. Prior to the start of your study, you will be connected to approximately 25 sensors and asked to complete paperwork related to your sleep habits. Study participants are connected in the order of their typical bedtime. This will take 45 to 90 minutes. You may bring a book for entertainment while you wait for your study to begin. The sleep study will begin around 10:00 or 11:00 p.m. The sleep team will wake you around 5:30 a.m.

What to Bring to the Sleep Lab

- Two-piece sleeping clothes with undergarments (such as pajamas, sweats, shorts and t-shirt, robe, or slippers)
- A change of clothes for the next day
- Your own pillow, if you prefer
- A list of medications you take, including the dose and times you take each – bring these medications in their original containers, if possible
- Items such as shampoo, soap, and towels are provided by the Hospital

Preparation

On the day of your test:

- There will be no meal served before or after the sleep study.
- Do not take any naps.
- Do not drink any alcohol.
- Do not drink caffeine for 6 hours before your test.
- Continue taking your regular prescription medications unless your doctor tells you otherwise.
- Shower at home during the day.
- Do not use oil, mousse, gel, or hair spray on your hair.
- Make sure your hair is dry for the test.
- Shave as late in the day as possible.

If you have a severe head cold or an upper respiratory tract infection, please call the office at (866) 320-8989 to discuss if you should proceed with your study. Your sleep study may need to be rescheduled to ensure the most accurate results.



**Licking Memorial
Health Systems**

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Page 1 of 3

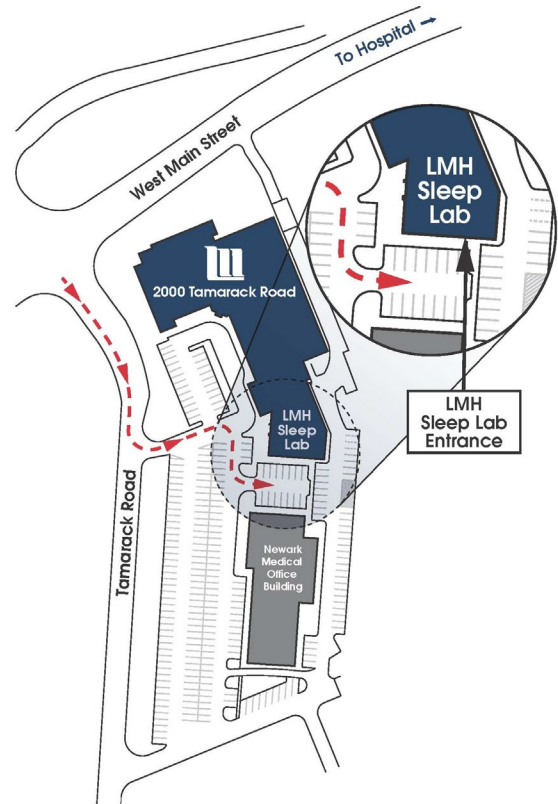
Registration

The Sleep Lab is located inside the Licking Memorial Hospital – Tamarack building at 2000 Tamarack Road. Please report to the Sleep Lab promptly at 7:45 p.m. The entrance to the Sleep Lab is located on the right side of the building adjacent to the Newark Medical Office Building. Please approach the door marked Sleep Lab and push the call button to notify a Sleep Lab tech of your arrival.

In the Sleep Lab

- No smoking is allowed at any time during the sleep study.
- You will be given a pleasant, private room with a TV.
- You will be given some paperwork to complete – this will help with your treatment.

After the paperwork is completed, you will be asked to change into your sleep attire. Before the sleep study begins, the technologist will provide you with information on sleep disorders and possible treatments. A common treatment that may be used during your visit is called Continuous Positive Airway Pressure or CPAP. The technologist can show you the equipment and explain the purpose. If you have a lot of breathing problems during the first half of the night, CPAP will be tried during your visit.



Before the Sleep Study

The technologist will apply several small discs, called electrodes, and monitors to record your sleep patterns. The setup for the sleep study is painless. You may watch TV or read while it is done. Before the sleep study can begin, the technologist must apply these small discs called electrodes to your body for recording sleep and other functions. You will have the following connected to your body:

- Nine electrodes are glued on your head.
 - You do not need to cut or shave your hair.
 - The glue dissolves with water in the morning.
- Five electrodes are taped to your chin and the temple area.
 - These electrodes record eye and chin movements.
- A breathing sensor is taped to the area between your nose and top lip.
 - This sensor monitors your breathing and does not block your airway.
- Adhesive electrodes are attached to your shoulder and the side of your chest.
 - These monitor your heart during the night.
- Two electrodes are taped to each leg to record all leg movement.
- A cloth belt is placed around your chest and abdomen to monitor your breathing.
 - These belts are not restrictive and fit over your clothing.
- A sensor is wrapped around a finger to record the amount of oxygen in your blood.

During the Sleep Study

The door will be closed and the lights and TV turned off. We do allow cellular phones to be on during the night for emergencies. We ask that you limit the use of these as it may interrupt your sleep.

Your room is monitored with a video camera and a telecom throughout the night. If you need anything, such as extra pillows or to be unhooked to use the restroom, you can speak with the technologist through the intercom.

After the Test

- Once the sleep study ends, the technologist will disconnect all the wires. This will be about 5:30 a.m. You will be given an opportunity to take a shower.
- When you are ready, you are free to leave.
- You may drive yourself home or have someone pick you up.

You may go to work that day, if required. Please let the technologist know if you need awakened by a specific time.

Finding Out the Results

The results will be ready in about a week. You will find out the results of your sleep study from the doctor who ordered the study. If the results showed a lot of breathing problems, you may need to return to the Sleep Lab for a second night. The second night is similar to the first, but you will try a special breathing machine called CPAP. The air will start on a low level and slowly increase until you are breathing and sleeping much better. The air will act as a splint to open up the airway for patients with sleep apnea. This lets your doctor know which treatment setting will be best for you.