



## Polysomnography (PSG) Patient Education Sheet

Adults @ 2115

Pediatric @ 2015

Appointment Date and Time: \_\_\_\_\_

You are scheduled for an overnight sleep study at the Wilford Hall Sleep Disorders Center. This study involves spending the night at our center while we monitor your sleep.

During the study, several types of monitors and electrodes will be attached to you. These devices will help us gather information about your sleep patterns and diagnose various sleep disorders.

In some cases, you may be scheduled for a limited polysomnography (PSG). A limited PSG uses fewer monitoring channels and is specifically designed to diagnose obstructive sleep apnea (OSA). Only patients with a high probability of having OSA will be scheduled for this type of study. If your limited PSG results do not indicate OSA, you may need to **repeat** the study with a full setup.

### What to expect at your sleep study

- Arrival time for adults is 2115 (9:15pm) and Pediatrics (17 and younger) 2015 (8:15pm). **If you are late, we may have to reschedule your appointment due insufficient time to collect data.** You'll be released between 6:30 A.M.-7:00 A.M.
- You must enter through the Emergency Center. Parking is available in the ER parking lot. Enter through the ER, walk to waiting area 7 and call (210) 292-5948. A sleep tech will meet you to escort you to the sleep lab (patients cannot go unescorted after normal clinic hours).
- Your sleep tech will escort you to your private room equipped with bathroom/shower. The sleep tech will explain the paperwork you need to fill out, orient you to the room, and discuss what to expect during the study.
- You will be asked to get ready for bed. Once in your sleepwear, the technician will place monitors and electrodes on you using conductive paste and tape (from head to legs). If you need to go straight to work in the morning, you may want to shower to remove the paste.
- Please turn off/silent any cell phones, pagers, tablets, and other electronic devices during your test. For emergencies, calls can be placed to the Sleep Center at (210) 292-5948, and the technician will relay the message to you at a timely manner.
- Only a medical caregiver (if needed) or one parent of a pediatric patient may stay overnight.

### What should I bring/ how to prepare for sleep study?

- Medication – Take your medication as prescribed. Wait to take any medication that affects your ability to drive until you arrive at the sleep center. If you have any questions regarding whether you should take your medications on the night of your sleep study, please consult your primary care physician.
- Two-piece sleepwear (we do not provide gowns or other forms of bed clothes).
- Toiletries, hair dryers, or other hygiene items that you may need (we can provide towels, soap, & shampoo).
- **We need access to your entire scalp to attach the electrodes. Please do not arrive with irremovable hair pieces. Please plan accordingly to avoid being set home.**
- Avoid using conditioner, gel, mousse, hairspray, or body lotions before your sleep study.
- Alcohol: Do not consume alcohol prior to your sleep study. If the technician feels you are inebriated, the study will not be performed.

### Other things to keep in mind:

- If you bring your own pillows and blankets, remember to take them home. Items left behind will be discarded after 24 hours (per Infection Control).
- If you are at risk of falling or need assistance with self-care activities, you must have a caregiver stay with you. A bed is available for caregivers. Please inform the staff when scheduling if a caregiver is needed.
- **Cancelling Your Appointment:** If you need to cancel your appointment, please call the Sleep Disorders Center as soon as possible so that we can offer your spot to someone else. Cancellations must be made at least two hours before the clinic closes (by 2:30 PM) Monday through Friday, or your appointment will be marked as a "No-Show."
- **Contact Information:** If you have any questions or concerns, please call the Sleep Disorders Center at (210) 292-7129.

Our regular business hours are Monday to Friday, 7:30 AM to 4:30 PM. If there is no answer, please leave a message, and we will return your call as soon as possible.

**SCAN FOR A DIGITAL COPY OF THIS PAPER & TODAY'S PRESENTATION**





**Wilford Hall Ambulatory Center**  
1100 Wilford Hall Loop Bldg 4554  
Lackland AFB, 78236

**Sleep Lab: 2 Floor, A wing**

**Directions:**

- Enter through Luke gate
- Turn left on Bong Ave.
- Turn left Wilford Hall Loop.
- ER parking lot will be located on the right.

**Sleep Lab (day time number):**  
(210)292-7129  
**Sleep Lab (night time number):**  
(210)292-5948

For a faster and more efficient response, please send us a message via MHS Genesis Patient Portal!

Sleep pool name: **USAF Lackland WHASC Sleep Medicine Pool**

<https://my.mhsgenesis.health.mil/>