



Your Journey Into Sleep-Level 1 Study/MSLT Sleep Disorder Centre

Please read the following important information. If after reading these instructions you have any questions, concerns or require special accommodations please contact the Sleep Disorder Centre in advance of your appointment. Cancellation or rebooking requires 48 hours notice.

FINDING THE SLEEP DISORDER CENTRE:

The Sleep Disorder Centre is located in the Misericordia Health Centre.

The Sleep Disorder Centre is not open until 8 AM. If you arrive early, please wait in the waiting area by the Information Desk at 99 Cornish Avenue until your appointment time and then proceed to the Sleep Disorder Centre lab. Please DO NOT arrive late for your appointment as we may not be able to accommodate late arrivals.

The doors at Wolseley are locked in the evening. Access to the Sleep Disorder Centre can be made in 2 ways:

1. Misericordia-99 Cornish Avenue:

Enter through the Misericordia-99 Cornish Avenue entrance.

Proceed to Elevator D. Take Elevator D to the Sleep Disorder Centre. As you exit Elevator D turn left and report to the Control Room.

2. Parkade (located on Sherbrook Street)

Enter through the Parkade overpass and take Elevator B to the Main Floor. Exit Elevator B to your right and proceed to Elevator D. Take Elevator D to the Sleep Disorder Centre. As you exit Elevator D turn left and report to the Control Room.

IMPORTANT INFORMATION:

Smoking, including vaporizers, is not allowed once you have arrived to the Sleep Disorder Centre. The Sleep Disorder Centre is not responsible for the safe keeping of personal property. Only patients being studied are permitted to sleep in the testing room. Family members attending to assist patients may be accommodated in another room when pre-arranged.

If you require assistance with the following, you must arrange for a family member, Health Care Aide (HCA) or translator to assist you. Staff in the Sleep Disorder Centre are not able to assist in these areas:

- Require any assistance in taking medications.
- Require any kind of assistance in toileting, dressing, getting in and out of bed, arriving to or leaving the lab.
- Require the assistance of a translator to communicate in English.



WHAT TO BRING/INSTRUCTIONS:

1. You **MUST** bring **2 piece, loose fitting pajamas**. A top, bottoms and underwear are **required**. **Sleeping without clothing in the Sleep Disorder Centre is NOT AN OPTION**. Nighties or once piece pajamas are not acceptable. Underwear **must** be worn.
2. Personal toiletries you may need such as toothpaste, toothbrush, sanitary garments etc. These are not available in the lab. There are no showers available.
3. Water/beverage/snacks if you will require any during the study. (Non-caffeinated). Lunch for next day.
4. Your regular medications. Please have a list of your medications.
5. If you have diabetes, we ask that you please bring your glucometer, test strips and a snack or juice as these items are NOT available in the Sleep Disorder Centre.
6. If you use oxygen you MUST bring it with you. We will supply oxygen during the test. Please ensure you have enough oxygen to travel to and from the facility, and to wait to see the physician if you have an appointment the next day.
7. If you are prescribed CPAP/BiPAP: please bring your mask and headgear.
8. Partial plates, dentures, night guards or other oral appliances prescribed.
9. You may bring a book, house coat or slippers if you desire.
10. Completed copy of your Patient Sleep History Questionnaire.

The day of your test:

1. Eat a normal dinner before your study, preferably before 7 PM.
2. *No caffeine after 7 PM. No alcohol the day of testing. Refrain from napping the day of testing.*
3. **Shower** the day of your test, allowing time for your hair to dry.
4. Males who shave are asked to be clean shaven for their appointment. Facial stubble will interfere with our setup. Beards and moustaches are permitted.
5. Refrain from using any face or body creams, hair gels, oils, sprays, lotions, etc. as they will interfere with our equipment.

Double check that you have brought all items you will require as outlined in these instructions.

WHAT TO EXPECT DURING YOUR APPOINTMENT:

In the Sleep Disorder Centre lab you will be greeted by a sleep tech. You will be shown to your room for testing. Your room is private. In your room there are extra pillows and blankets if you require them. Your tech will ask you to change into your **2 piece, loose fitting pajamas** and prepare for bed. Your tech will then take you to another room to be set up with the monitoring equipment. Please note other patients are present in this room.

Setup:

Several electrodes will be applied to your scalp, face, chest and legs. Note: some hair may have to be removed from the chest or legs. Hair on the head/ face is not removed.

Small areas of skin where the electrodes are to be placed will be cleaned with an alcohol pad and lightly scrubbed with a gritty paste. Electrodes on the face and body are attached using hypoallergenic tape and adhesive pads. Electrodes on the scalp are applied using Collodion glue. *Please be aware that Collodion glue has a strong smell similar to Ether.* This smell is present only during setup and is short lived. The glue is non-irritating and is removed in the morning. 2 bands are applied on the chest and abdomen. One cannula is applied and rests slightly in the nose. One finger clip is attached to the finger. You may have an additional sensor applied to your forearm. This electrode heats up slightly and may leave a very slight red mark. Setup may take an hour or more.

Additional equipment used for testing:

In your room, there is a camera on the ceiling to monitor your positions and movements. There is a microphone and intercom present to communicate with your tech. If you require any assistance during your study, you may simply speak and your tech will respond. Your microphone is always on. Your tech is always available should you need to be disconnected to go to the washroom or if you require an additional blanket, etc.

Testing will last approximately 7 hours. Your tech may enter your room during your study to adjust equipment as necessary.

During your study, your tech may apply a device called CPAP. This is a mask that allows you to breathe properly in your sleep. This may or may not be used during your test. Your tech will explain this in greater detail if it is to be used.

Once the test is complete (between approximately 6-6:45 AM) your tech will enter your room and remove some of your equipment. There is a short questionnaire to complete.

Multiple Sleep Latency Testing (Nap Testing):

A small percentage of the people who are tested in our lab are asked to undergo a Multiple Sleep Latency Test (MSLT), which occurs during daylight hours and is used to diagnose sleep disorders which the night-time tests cannot confirm.

If this test is recommended, you will be advised in advance, as the MSLT will generally begin the morning that you finish your night-time testing and will require your presence in the lab until later that afternoon. You will be encouraged to bring a lunch and a beverage (no caffeine) for the day, as you will not be able to leave the hospital until all testing is complete. We will provide a standard hospital tray breakfast. Let us know if you have any special dietary needs. Please note caffeine (coffee, tea, etc.) will not be allowed. After breakfast, you will begin the MSLT, which will be quite different from your previous testing.

NAP TESTING

- You will be required to lie down for four 20-minute naps at one-and-a-half to two-hour intervals.
- You will not be allowed to sleep between naps, as this would disqualify the test results.
- You may bring books, magazines, laptop or a media player to occupy your time between naps.
- Lunch will not be provided, however a fridge and microwave are available for your convenience.
- If you are currently using nasal CPAP or BiPAP therapy for your sleep-disordered breathing, you are to bring your mask and machine with you to wear during your naps.

After the last nap is complete, all electrodes will be removed and you will be free to leave.
This will be at approximately 3 PM

If you MUST cancel your appointment, due to illness or family emergency, please contact the Sleep Disorder Centre as soon as possible.

Due to the fact that we have patients on a waitlist we appreciate as much notice so that we can accommodate another patient.

Contact us...If you have any questions, our phone number is 204-788-8570.

Sleep Disorder Centre

Pre-MSLT Patient Sleep Diary

NAME: _____

Please fill out this SLEEP DIARY every morning, beginning seven days before your appointment. Guess the approximate times as best you can. (We're mainly interested in how YOU feel you slept.) Use the date of the night you STARTED the diary, not the date of the first morning's entry. (i.e.. If you fill out the log on the morning of May 5th, use May 4th as the date.)

	Date:							
	Day:							
Did you take any naps yesterday? If yes, give the total length of sleep, in minutes.								
When did you turn out your lights and actually try to fall asleep?								
What time did you wake up for the last time this morning?								
How many hours did you actually sleep?								
Compared to usual, how well did you sleep last night? (U =usual, W =worse, B =better)								

Please write any comments you think might be helpful:
