

## What should I do before coming in for the test?

- If you have recently started new medications for your sleep, please let us know at least two weeks before coming in.
- Men should be clean-shaven as stubble prevents the wires from sticking. However, beards are not a problem.
- Women should remove any nail varnish or false nails.

## Daytime tests

An additional test, called the MSLT or Multiple Sleep Latency Test, will follow your night time test if your doctor requested it. You will wear wires only on your head for this test. The MSLT determines your degree of sleepiness and may also be used to rule out specific sleep disorders.

We look forward to seeing you here and hope that you enjoy your visit to Royal Papworth Hospital NHS Foundation Trust. Please phone or write with any questions that we have not answered.

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Large print copies and alternative language versions of this leaflet can be made available on request.

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## Overnight Sleep Studies

What to expect during  
your stay at the  
Respiratory Support  
& Sleep Centre

**As part of your clinical evaluation you have been asked to have an overnight sleep study or polysomnogram. You will spend one night in the hospital. If you suffer from daytime sleepiness, you may also need to complete a daytime test (Multiple Sleep Latency Test) which will take place the day after your overnight stay in the Sleep Centre.**

**On the night of your sleep study you may have a lot of questions. Here are some of the more common ones that should help you to understand what will happen.**

### **Why do I need a sleep study?**

To determine whether you have a sleep disorder and to what degree. Experienced technologists will record several aspects of your sleep, including your brain waves and muscle activity. The next morning they will analyse this information. Once the results are available the consultant will discuss these with you. They will also be sent to your GP.

### **Why do I need to stay overnight?**

Sleep needs to be recorded all night so that we can get an accurate picture of your sleep patterns and quality.

### **What will the technologists put on me?**

They will stick several wires to your head and body with tape. You will have plenty of room to move around comfortably with these on.

### **How can I sleep well in a strange place?**

We have planned the sleep rooms in such a way so that you will be comfortable. It's more like a hotel room than a hospital room with a wash basin, television, and comfortable chair. The beds are similar to those you would find in a hotel. These rooms should help you to feel as relaxed as possible.

### **What should I bring with me?**

- Comfortable sleep wear
- Toiletries
- All current medications
- Any records or diaries you have been asked to keep
- A favourite pillow (the hospital provides standard pillows)
- Something to read
- Portable music or any other quiet activity
- CPAP or other equipment you use

### **What should I do/avoid doing before the test?**

Please stick to your normal routines on the day of the test. Here are some of the things you should avoid:

- Caffeine after 16:00
- Napping during the day of the test
- Strenuous exercise
- Give yourself seven days recovery after a long haul flight
- If you are ill please call to reschedule your appointment



*A typical patient set-up*