

**Dearborn Sleep Lab**  
**Division of Millennium Medical Group South, P.C.**  
**Frequently Asked Questions**



***How long will my sleep study last?***

A typical sleep study lasts for either one or two nights. Depending on the particular problem, sometimes an additional test is ordered during the daytime. The first night is usually considered a “diagnostic study” and the second night is typically a “treatment night” while using nasal CPAP. The studies may be done on consecutive nights or several weeks apart, depending on scheduling.



***What should I bring to the Dearborn Sleep Lab (DSL)?***

Bring your nightclothes and personal toiletries with you to the DSL: robe, pajamas, slippers, toothbrush, shampoo, shaving cream, razor, etc.

There will be times during your stay when you will not be tested. Please bring something to do during those times. You may want to bring reading material, playing cards, crafts, handwork, etc. Wireless internet service is also available. Job related material is discouraged before bedtime.



If you are taking any medication (prescription or over-the-counter), please bring them with you and take them on your regular schedule, unless otherwise ordered by your physician. This is considered an out-patient test; therefore, we do not provide nursing services and do not dispense medications.

- **It is very important that if you take a sleep aid, that you DO NOT take it before leaving home.**
- **Sleep aids should only be taken AFTER you arrive for your test (if needed).**

***Is there anything I should NOT bring to the Dearborn Sleep Lab?*** 

Please do not bring any valuables with you to the DSL. We do not have facilities for guarding your valuables. Also, anyone bringing in hazardous substances, illegal drugs, or weapons will immediately be asked to leave the building.



***Are there things I should do before coming in for my sleep study?***

Yes. There are several things you can do to insure that we get the best recordings possible. In order for our electrodes to work properly, they must be applied to skin that is as clean and dry as possible.

For this reason, please be showered and have your hair washed and dried before arriving for your test. Please do NOT use any cream rinses, hairspray, or hair relaxers on your hair after washing. Also, do NOT use any skin lotions or creams before your sleep study.

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Women are asked to remove all make-up before or shortly after arriving at the DSL. Men should be clean-shaven before coming in for their test. We can accommodate men with beards; it is not necessary to shave.

All patients should avoid caffeine after 5:00 PM on the day of their test. Additionally, patients should avoid ALL alcohol and should take NO naps on the day of their test.

On the day of your test, try to maintain your usual daytime schedule. Avoid any unusual physical exercise or extraordinarily heavy meals.



***What time should I come for my sleep study?***

The staff at the DSL will give you details as to when to arrive. Most patients arrive around 9:00 PM. All patients should have dinner before arriving for their study.



***What are the accommodations?*** Each patient will have a private bedroom and bath.

The rooms are designed very much like a hotel room. Each room is equipped with a residential type bed (either regular or queen), a nightstand, armoire, desk, telephone, and flat screen television. The private, tile bathrooms have a shower should you choose to take one the next morning.



***What will happen after I arrive?***

Shortly after you arrive, you will be shown to your room and be asked to change into your nightclothes. The technician will then explain certain procedures to you and apply electrodes to your face, head, chest, and legs. The electrodes are attached with either glue or tape. There are approximately 15 electrodes to be applied, and this takes about one-half hour to complete.

Many patients worry needlessly about these electrodes. The electrodes simply record the electrical activity already present in your body; they do not generate any electrical current of their own. Most importantly, the application of the electrodes does not hurt. You may feel a little strange with electrodes and wires attached, but the procedure is entirely painless. After your hook-up is complete, you may relax until about 10:30 PM.



***What happens at bedtime?***

At about 10:45 PM, the technician will apply a few additional recording devices. Again, these are painless and will not restrict your movement during sleep.

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Bedtime will be around 11:00 PM. The technicians will be in the monitoring room (across from your room) all night. If you need anything during the night, all you need to do is call out and the technician will respond.

All patients are expected to stay in bed for 6-8 hours. This means that the technician will generally be waking you up around 6:00 AM. If you need to be up earlier, please let the technician know when you first arrive for your test. If you feel you may be too tired to drive at this time, please make alternate arrangements in advance.

***What about meals during my sleep study?*** 

If you are scheduled for a study which will keep you in the sleep lab all day, the staff will provide you with breakfast (i.e. instant oatmeal or cereal). Lunch will be ordered from a local restaurant. Small snacks are available upon request throughout your study (i.e. saltines or graham crackers). Please inform the DSL prior to your arrival of any special dietary needs.

***What happens if I am asked to stay for a daytime portion of the test (MSLT)?***

Depending on the ordering physician and the nature of the sleep problem, a small percentage of patients will be asked to stay for a daytime portion of the sleep test. This test consists of a series of naps spaced about two hours apart. This test allows us to objectively determine the severity of daytime sleepiness.



***If I need to come back for the “Treatment Night” (Night 2), will it be the same as the “Diagnostic Study” (Night 1)?***

Night 2 will be very similar to your first night in the sleep lab. You may have more or less measurements taken on the second night, depending on what was found during your first night. Many patients who have a disorder known as sleep apnea will have treatment with nasal CPAP on night 2. This will be fully explained to you early in the evening if CPAP treatment is recommended in your case.



***When will the final results of my sleep study be shared with me?***

After you leave the DSL, the process of scoring and analyzing your sleep study begins. This is a very time-consuming process, which takes several days to complete. When this data is available, it is combined with other questionnaires you have completed, as well as your history and physical, and reviewed by the doctor. A final diagnosis and treatment plan will then be prescribed. All information is then transcribed into a final report, which is sent to your referring physician.

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**Our Location**

The Dearborn Sleep Lab is located in the Oakwood Dearborn Medical Park Building directly across the street from Oakwood Hospital and Medical Center. The address is:

**18100 Oakwood Boulevard, Suite 310**  
**Dearborn, MI 48124**  
**313-438-9800 (Phone) • 313-438-9801 (Fax)**

Enter the building at the entrance with the revolving door. Walk straight ahead to the elevator located at the back of the lobby. Take the elevator to the 3<sup>rd</sup> floor. Exit the elevator, turn left, and proceed to Suite 310, on the left.

