

Sleep Study Procedures for Patients:

Oshawa Durham Sleep Laboratory welcomes you to our sleep laboratory. We know that patients can be apprehensive in attending the laboratory as they are unsure what to expect. We hope the information we provide here will put you at ease.

When you first arrive to the laboratory, the technologist will greet you and show you to your private bedroom. *(Update: With the COVID-19 pandemic, you will be pre-screened upon arrival to the laboratory)*. Your health card will be checked and ask you will be asked a few questions in regards normal bedtime routine and any medications you may be taking in the lab. You will be asked to fill in some paper work and get in to your pyjamas so that you are ready to have the sensors applied.

Once all patients have arrived to the laboratory and have been settled in their bedrooms, the technologist will begin to prepare each patient for their study. You will be taken to a set-up room where the technologist will apply the electrodes (sensors). Electrodes are applied on your head, around your eyes, behind your ears, on your shoulder, on your left side on your ribs and on your legs. Each site is first wiped with rubbing alcohol and then a mildly abrasive prep-gel is used to remove any dead or dry skin to ensure a clear signal. The electrodes are applied with tape except those applied to the head or beard. A water-soluble paste is used to apply these wires (note- a clean shaved chin is required unless you have a full beard since the paste or tape are not able to adhere to stubble). Once this is completed, the paste must be allowed to dry so that the electrodes do not move while you are sleeping.

After all the patients in the lab have electrodes applied, the technologist begins to settle the patients in bed. Additional sensors are applied including respiration bands around your chest and abdomen as well as a cannula that sits in your nose and a heat sensitive thermocouple that is placed under your nose and in front of your mouth. These sensors monitor your breathing. A probe is placed on your finger to monitor your blood oxygen and pulse. An additional sensor is secured with a small piece of tape under your chin to monitor for snoring and a final sensor is put on top of the respiration bands to monitor your body position.

To ensure all the sensors are working properly, the technologist will ask you to perform some movements with your eyes and legs as well as watch your breathing patterns briefly before turning out the lights for you to sleep. If at anytime you need to use the washroom during the night, you simply call the technologist's name and he/she will come and unplug some sensors so that you are able to get out of the bed. Once you return from the washroom, the sensors are easily plugged back in and you can go back to sleep.

Morning wake up times are between 5:30am and 6:10am. The sensors are removed and after that, there is a one-page questionnaire to be filled in asking how you felt you slept in the lab. You are usually ready to leave the lab within 30 minutes of being awakened. The laboratory is closed by 7am each morning so that it can be properly cleaned and disinfected.