



493 Blackwell Road, Suite 317A

Warrenton, VA 20186

540.316.2660 Phone 540.316.2661 Fax

Email: getsleep@fauquierhealth.org

Instructions for Your In-Lab Sleep Study

What to bring:

- Photo ID (driver's license)
- Insurance cards
- Night Clothes - Bring something comfortable to sleep in, including robe, undergarments and slippers. Cotton pajamas are preferable. Do not wear silk, satin or nylon.
- Toiletries – Bring any personal belongings you might need such as toothbrush, toothpaste, as well as books or magazines that might help you fall asleep. You may bring a personal pillow if you prefer.
- Medications that you will need during the time of your study. **The sleep center is not authorized to dispense any medications during your study.
- Wash clothes and towels are available.

Before your study:

- Do not take any naps on the day of your sleep study if possible.
- Do not consume any alcohol or caffeine after 12 pm the day of your sleep study.
- Bathe prior to arriving for your sleep study and do not apply any hair care products.
- Do not use heavy creams on your face the night of the study.

Arriving for your study:

- The Fauquier Health Sleep Center is located at the Warrenton Professional Center. Upon arrival park in the lot at the front of the building (facing Blackwell Road) at 493 Blackwell Road, Warrenton, Virginia. There is a Hampton Inn to the left of the building.
- Arrive at your designated time then proceed into the building to the elevators and go to the 3rd floor. As you exit the elevator there will be a long hallway. The sleep center is the first door on the left, suite #317A. Ring the doorbell and a technician will come and greet you at the door.
- If you are going to be late for your appointment, notify the Sleep Center as soon as possible at 540.316.2662 after 8:30 pm.

What to expect:

The overnight in-lab sleep study is a painless study in which a combination of several diagnostic tests are recorded simultaneously during sleep. Brain wave activity (EEG) will be recorded by attaching electrodes with adhesives and paste around the head. Additional sensors are placed on your chest, legs, fingers, and below your nose. All sensors will still allow you to sleep in any position you prefer. You will also be able to move around and get out of bed with the sensors (such as for bathroom trips).

After completion of the test, the sleep physician will interpret the results within 7-10 days. The sleep technician will not be able to provide diagnostic information. The results will be provided at your next follow-up appointment with the Fauquier Health sleep physician or with your primary care physician depending upon the referral practitioner.

Your study will end between 5:00 and 5:30 am. You will leave the lab no later than 6:00 am.