

Sleep Study – Marshfield

Your doctor has scheduled you to have a sleep study on:

Arrive at the Marshfield Medical Center, Hospital Entrance 2, Admitting/Registration on second floor at _____ a.m. (See map)

Arrive at the Marshfield Medical Center, Emergency/Urgent Care entrance, Emergency Registration at _____ p.m. (See map - entrance under ramp)

Other _____

If you need to cancel or reschedule your appointment for any reason, call Sleep Medicine as soon as possible.

The contact phone numbers for Sleep Medicine are: **715-221-6001 or 1-800-782-8581, ext. 1-6016**

The Sleep Center's private bedrooms have a private bathroom and shower. The hospital sleep bedrooms have a private bathroom with a shower available across the hall. All rooms are supplied with pillows, blankets, towels, washcloths and handicapped facilities are available.



Before you come for your sleep study, review video "Your Sleep Study and Obstructive Sleep Apnea" at marshfieldclinic.org/sleepstudy

You should bring:

- Pajamas or something comfortable to sleep in (t-shirt, shorts, or loose fitting sweatpants). Hospital gowns are not provided. Something that is two-piece is best. If you do not ordinarily wear a top to sleep in you should bring one because it helps to keep the monitoring equipment in place. A t-shirt is fine.
- Your pillow or blanket if you sleep better with your own. We have pillows available to use.
- Toiletries (toothbrush, toothpaste, soap, shampoo, comb, hairbrush, hairdryer, deodorant, razor)
- Bring any needed medicines. Medicines cannot be supplied or given by Sleep Medicine personnel. Your medicines will be reviewed, on the phone, with a nurse before your sleep study.
- If you have diabetes, bring any testing supplies, insulin, or food items you will need.

Light breakfast items are available in the morning for you.

Leave all jewelry at home.

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A nurse is not available during your sleep study.

The sleep technologist cannot hand out your medicines; you are responsible to take them as scheduled. You are also responsible for your self-care (hygiene, dressing, bathroom use).

If you require oxygen, a wheelchair, cane, or walker for mobility, or can not care for yourself independently in any way, let us know.

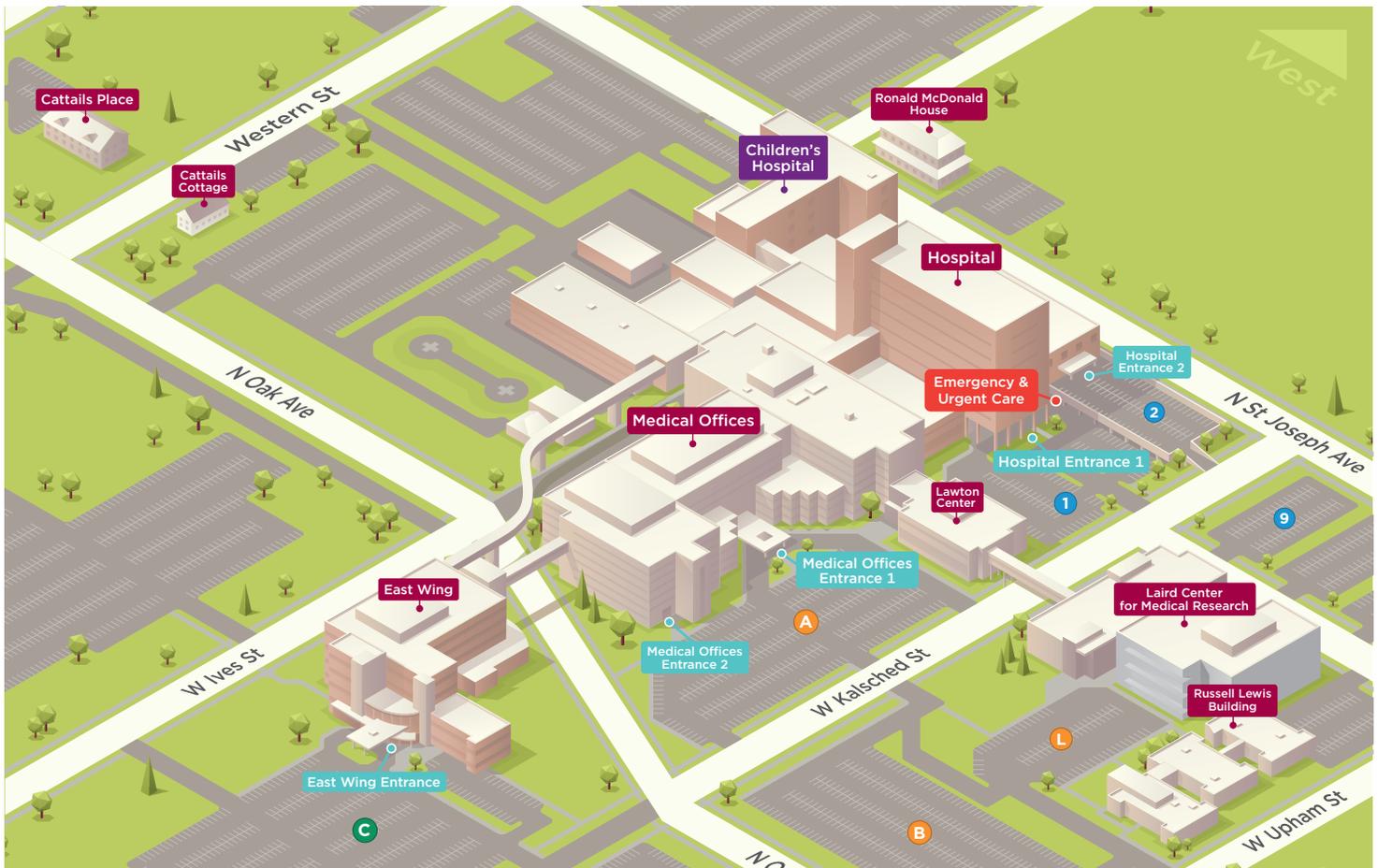
You will be called a few days before your sleep study so that any questions you have can be answered.

Make sure you have eaten before coming to the sleep study, but do not eat a large meal before the study. Try not to have foods containing caffeine such as coffee, tea, soda, or chocolate. Limit liquid intake to avoid unnecessary awakening during the night. Avoid napping during the day. Take medicines as directed unless told differently for the sleep study by your doctor. Alcohol should also be avoided.

The technologist will apply electrodes to your head, face, chest, and legs using a special conductive adhesive, none of these are uncomfortable.

The morning after the study the technologist will awaken you and remove the electrodes. There will be a thick paste left on your scalp after the electrodes are removed and you may shower once you are unhooked. Towels are provided, but bring your own soap and shampoo from home.

After the sleep study is completed, it will be reviewed by the sleep medicine doctor. The results will be discussed with you that morning in sleep medicine. You will be done around 9:00 a.m. Do not schedule other commitments until after that time. If you are unable to stay, a follow-up appointment will be scheduled.



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