

## POLYSOMNOGRAPHY AT HOME

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### TEST PREPARATION

#### **Option 1: Basal polysomnography at home WITH a technician present.**

The Sleep Institute will send you the ID and appointment time of the polysomnography technician in charge by e-mail.

The technician from the Sleep Institute will come to your home to help you prepare for the test (place the sensors and share instructions).

You will be connected to the device throughout the night. The following day, the technician will return to your home to conclude the test and remove the device for data analysis.

If you have any questions during the test, contact us at +55 11 5908-7112.

#### **Option 2: Basal polysomnography at home WITHOUT a technician present.**

For this option you will need to bring a **responsible adult** with you, because you will not be able to drive home after the preparation. You also must **wear comfortable clothes in which to sleep without elastics around the ankles**.

Arrival time on the day of the test is between 7:30 p.m. and 8:30 p.m.

At the Sleep Institute, the polysomnography technician will place the sensors and provide instructions for the test. After finishing the preparation, you will return to your home to continue the test.

**On the following day, after finishing the test, you can remove all of the sensors according to the instructions provided by the polysomnography technician. You must return to the Sleep Institute on the following day, at the scheduled time, to return the device on the 13th floor.**

### ON THE DAY OF THE TEST

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It is imperative that you provide the **original request from the doctor, an ID card with your photo (RG/CNH), and the health care provider's ID card**.

**Note:** Patients who fail to provide the original request from the doctor on the date of the test **will not be able to take it**, as determined by the health care providers.

## RECOMMENDATIONS FOR THE TEST

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To perform the test you must follow the instructions below:

- Your head must be clean and dry, with no conditioners, creams or gel.
- People who shave daily must shave before the test.
- Do not wear dark nail polish.
- **Wear comfortable clothes in which to sleep without elastics around the ankles.**
- If you take regular medication, ask your doctor if you should stop taking them for the test.
- On the day of the test, **avoid consuming alcoholic and caffeinated beverages** (like tea, coffee and soda).
- **If you have the flu, a cough or a fever, you must reschedule your test**, unless the requesting doctor informs the **Sleep Institute** of the need to perform the polysomnography even under these circumstances.
- Patients who undergo **skin procedures, like peeling**, must wait at least 20 days after the procedure to perform the test.
- Do not exfoliate your face a week before the test.
- If you have any **hair prosthesis, mega hair, waxes or wigs that are glued or taped to your head, you must remove them to perform the test.**
- The test requires the application of electrodes on your skin. On rare occasions, skin contact with the hypoallergenic tape may cause hypersensitivity reactions, like redness and itching.
- During the test, it is not possible to shower and/or exercise.
- If possible, when performing the test, **remove any device emitting electromagnetic waves from the room**, such as smartphones, since they can **cause interference** while you sleep. If you need to use your phone, please write this information down on the events report.
- In both options, **the oximetry sensor placed on the finger and the air flow sensor placed in the nose must not be removed.** Removal may interfere with the test results or hinder reporting. **If the test analysis determines that it is necessary to repeat the procedure, the Sleep Institute will contact you.**