

# POLYSOMNOGRAPHY

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## TEST PREPARATION

### 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 going to the Sleep Institute.
- Do not wear dark nail polish.
- **Bring comfortable clothes in which to sleep without elastics around the ankles.**
- The Sleep Institute provides towels, a pillow, linen, blankets and duvets for the test. The Institute also provides a personal hygiene kit and a hair dryer, so you can **wash your hair after the test**. If you prefer, you can bring your own pillow, shampoo and conditioner. You also should bring slippers and personal objects.
- 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.
- We do not serve dinner. Have a meal before the test.
- **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, weaves 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.
- The Sleep Institute does not offer meals at night, only breakfast. **For infants and children, bring specific meals, like milk or baby food, and diapers.**

## TEST LOCATIONS

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Upon confirming your schedule, you will be informed of the unit where your test will take place.

## 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.

### Arrival time on day of test

From 7:30 p.m. to 8:30 p.m.

## ADDITIONAL INFORMATION

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### Companion

The presence of a responsible adult is mandatory for patients under 18, people with disabilities and/or elders with limitations, from the moment they arrive at the Sleep Institute until the end of the test.

The presence of a companion is optional for people over 60 and people with psychiatric disorders (a medical request for a companion is required for the latter).

**In these cases, no additional fee is charged.**

### Note:

- In other cases, an extra fee will be charged per companion (check the amount with the customer service team).
- To have a **companion** with you for the test, you must inform the Sleep Institute of this need when scheduling.