



## **Sleep Study Instructions**

Once a sleep study is ordered, you must pick up the appropriate equipment

- Please let the front desk that you are here for a sleep study
- The nurse will gather the materials
- You will be taken to the room for education on the process, including evaluation of any cardiac or respiratory issues
- A sleep study questionnaire must be completed
- Your head circumference and neck measurement are recorded
- Sleep study equipment and guide book will be given
- You are expected to return the sleep study equipment the following day, as other patients will be waiting to pick up the equipment.
- Upon return of the equipment, the results will be analyzed

If you have any questions, please call PCJ at (815) 726-2200.