

Preparation for Sleep Apnea/CPAP Test

1. Shower thoroughly, wash and dry your hair just prior to coming in for your test.
2. No oils, creams or lotions in or on your hair. (ALL WIGS AND HAIR PIECES WILL NEED TO BE REMOVED FOR THE TEST.)
3. Brush your teeth and bring night wear for sleeping in. We prefer that you wear loose fitting or pajama shorts with a loose fitting T-shirt or pajama top. **SWEATS ARE ACCEPTABLE. Nudity is not acceptable.**
4. If you normally shave on a daily basis then clean shave on the night of your sleep study. If you normally have a beard or mustache, then you may leave as is.
5. You may bring your own pillows if you like.
6. **Do NOT** use oils, creams or lotions from above the nipple area.
7. **DO NOT TAKE NAPS DURING THE DAY OF THE TEST IF POSSIBLE.**