

What to Bring to an Overnight Sleep Study

Bring your ID, insurance card, medication list, comfortable two-piece sleepwear, your own pillow, toiletries and a phone charger; arrive with clean, dry hair and no caffeine after noon.

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An overnight sleep study is easier when you pack as if you're staying in a hotel for one night, with a few extra items specific to the test.

Packing list

Paperwork

- Photo ID and insurance card
- Referral, if the lab asked for it
- A list of your medications and doses

Sleep

- Loose two-piece pajamas or a T-shirt and shorts (button-front tops are easiest)
- Your own pillow and a light blanket, if you prefer them
- Earplugs or an eye mask only if you use them at home
- CPAP mask, if you already own one and titration is planned

Comfort

- Phone and charger
- A book or tablet
- A small snack and water bottle
- Glasses, contacts case and hearing aids

Morning

- Toiletries and a hairbrush
- A change of clothes for work

How to prepare your body

- **Wash and dry your hair.** Skip oils, gels and sprays; they keep electrodes from sticking.
- **Remove nail polish** from at least one finger for the oximeter.
- **Avoid caffeine after noon** and skip alcohol.
- **Don't nap** during the day unless you were told to.
- **Eat dinner** before you arrive; many labs don't serve meals.

What not to bring

Valuables, large amounts of cash and anything that needs to be plugged in all night beyond a phone charger.

The morning after

Wakeup is usually around 6 a.m. Sensors come off in a few minutes, and you can usually shower at the lab. Results typically follow in one to two weeks.

Frequently asked questions

Can I bring my partner?

Most sleep labs don't allow overnight guests for adults. Children are an exception, and a parent usually stays the night.

Should I take my regular medications?

Usually yes, unless your sleep physician told you to stop something. Bring every medication you take at night, in its original container.

Can I use my phone?

Yes, until lights out. Most labs have Wi-Fi and a TV, but you'll be asked to put screens away at your normal bedtime.