

SLEEP PROFILER TEST (SP)

Frequently Asked Questions

Question: What does a Sleep Profiler(SP) do and how is it useful?

Answer: A SP is a test that will collect data regarding your sleep patterns on the days you use it. It is also very convenient as you can use it right in your home.

Question: What should you do before taking the SP test?

Answer: Ensure that you follow your regular pattern of work, diet and sleeping. But avoid taking caffeine in the afternoon and alcohol in the evening.

Question: Can you take your regular medicines?

Answer: It is best to check with your sleep physician to determine if you can avoid the medicine you take regularly on the days you take the test.

Question: How will you get your sleep profiler study equipment?

Answer: You will be scheduled to come to the office to pick up and return your SP device. Please, ensure you get all the instructions on how to attach and use the SP device on the day you pick it up. You will also be given an appointment to return your SP device.

Question: What should you do before going to sleep?

Answer: When you go to sleep at your regular time, attach the sensors to your body as shown on the instructions: repeat the same procedure for night two (2). You will keep a sleep diary that must be returned at your scheduled drop-off appointment.

Question: What should you do in the morning after waking up?

Answer: When you get up each morning, remove the sensors as you were instructed. After night two(2): return the sleep profiler device to the office at your scheduled appointment time.

Question: When will I get my test results?

Answer: It may take up to 2 weeks for the results of your Sleep Profiler study to be available. Depending on the results of your sleep profiler test, your physician may ask you to schedule other tests.