



Sindhorn
Kempinski Hotel
BANGKOK

SLEEP RESTORATION

Quality sleep is good for the overall health. Adequate sleep helps the body repair, regenerate, and recover while balancing hormones in the body. If you are one of those experiencing signs of sleep-related breathing or movement disorders, sleep test is the gold standard to diagnose body functions and determine the cause of problem.

Learn about the following tips to help you prepare for a sleep study and get the most meaningful results:

PRE-TEST PREPARATION

- Please refrain from consuming alcohols, caffeine beverages and heavy exercise a few days prior to the examination.
- Guests are recommended to sleep before 23:00. A sufficient six-hour sleep will enable a specialist to examine accurately.
- Users of sleeping pills should consult with physicians for proper guidance to ensure comfortable and natural sleeping for at least a week before the test.
- Guests are recommended to wash hair yet refrain from applying conditioner and hair gel on the test day as electrodes will be placed on scalp for brain wave measurement. Beard needs to be shaved and nail polish needs to be removed for hygiene and accuracy of the examination.
- Children are allowed to bring along favourite bedtime items such as pillow, blanket for use during the test.
- Guests are recommended to postpone the appointment in case of having illnesses.
- Guests are recommended to check with your health insurance companies as polysomnography / sleep lab is a medical examination could be non-reimbursable.
- Guests are welcome to use their usual sleeping medications, unless advised otherwise by their physician. We recommend that guests sleep in their normal habits and preferred comfort position.

PREPARATION DURING POLYSOMNOGRAPHY

- A specialist will set up the measuring equipment for about 45 - 60 minutes, after which guests can sleep as usual. Guests are permitted to lie on their side or on their back.
- Guests are allowed to use bathroom during the night.
- In case of sleeplessness or accidental dislodging of the equipment, re-examination will be carried out within 48 hours, except that the equipment is removed by choice.
- A specialist will remove all equipment the next morning then bring back for result interpretation.

POST-TEST CARE

- Wash the hair and clean the remaining gel on scalp and other areas.
- A follow-up medical appointment will be scheduled a week after the test.



BDMS
WELLNESS
CLINIC



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