**Patient's readiness to perform a sleep test**

1. Sleep medications are discontinued one week before the test**.**
2. Shaving chest and legs for men**.**
3. Make a bath before the test**.**
4. Having a sleeping bag that the patient feels comfortable with**.**
5. The patient will have personal pillows and sheets if they wish**.**
6. The presence of the patient at the Clinic of Clinical Hospital is mandatory at 22:30. (The presence of one person is optional)**.**
7. After the patient's preparation, the nurse performs the sleep test for 8 hours**.**
8. Tomorrow night, the test is checked by Dr. Khazaee at the sleep clinic and then given to the patient**.**
9. If the patient has a sleep disorder, you must return to the sleep clinic 2 months later.
10. Six months after the test, if the patient has a sleep disorder, the patient's sleep status will be re-examined.