

While sleep studies (polysomnography) are generally considered safe and well-tolerated, there are some potential risks and discomforts associated with the procedure. It's important to note that these risks are relatively rare, and sleep studies are routinely conducted with few complications. Here are some potential risks and discomforts associated with having a sleep study:

Discomfort with Sensors and Wires:

Sleep studies involve attaching various sensors and electrodes to different parts of your body, including your scalp, face, chest, and legs. Some people may find the process of applying these sensors uncomfortable.

Skin Irritation:

Adhesive used to attach sensors may cause skin irritation in some individuals. This is usually temporary and resolves after the study.

Difficulty Sleeping:

Sleeping in an unfamiliar environment, with sensors and wires attached, may lead to difficulty falling asleep or staying asleep during the study. However, this is usually taken into account when interpreting the results.

Equipment Failure:

There is a minimal risk of equipment failure during the sleep study, which could affect the collection of data. Sleep study facilities take precautions to minimize this risk.

Rare Allergic Reactions:

In rare cases, individuals may have an allergic reaction to the materials used in the sensors or adhesives. This is uncommon but possible.

Discomfort from Monitoring Devices:

Monitoring devices, such as belts around the chest and abdomen, may cause discomfort or restrict movement to some extent.

Emotional Discomfort:

Some individuals may feel anxious or uncomfortable about being monitored while sleeping, potentially affecting sleep patterns during the study.

Inaccuracy of Results:

While sleep studies are highly accurate, there is a small possibility of misinterpretation or inconclusive results.

It's important to discuss any concerns or questions you may have with the healthcare provider. Additionally, providing accurate information about your medical history and any existing health conditions can help the sleep study team tailor the procedure to your specific needs and minimize potential risks.

I voluntarily assume all risks associated with the use of the equipment, including but not limited to the items mentioned above. I release and discharge Dream Sleep Center, Inc, its officers, employees, agents, and representatives from all liability, claims, demands, actions, or causes of action arising out of or related to any injury, loss, or damage that may occur as a result of equipment failure or burns during the sleep study.

I acknowledge that I have disclosed all information for any use of medications, skin care products, creams etc.

Name

Date

Signature