

# **CHECK LIST - SLEEP LAB CONSTRUCTION**

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## **1. BEDS**

- a. 500 lb. weight capacity (minimum).
- b. Double bed – minimum (54" X 75").
- c. Queen size bed (60" X 80") (ideal for a taller person).
- d. Comfortable pillow (patient may bring a pillow from home).
- e. Heavy duty mattress and box spring (relatively firm).
- f. Rollaway bed or cot for family member accompanying the patient.

## **2. BEDSIDE TABLE(s) / NIGHTSTAND(s)**

- a. Top surface area needed for lamp and PAP equipment.
- b. Extra storage drawer and/or built-in shelf would be ideal.

## **3. LAMP(s)**

- a. Multiple levels of brightness...three way bulb.
- b. Room overhead lights controlled by a dimmer switch are ideal.
- c. Floor Lamp is also another viable option.

## **4. STORAGE FOR PERSONAL BELONGINGS**

- a. Coat hooks.
- b. Closet for clothes, shoes, duffle bag, small suit case.
- c. Secure place for money, jewelry, wallet, purse, etc.

## **5. SOUND PROOFING**

- a. Walls – eliminate snoring sounds from adjacent room(s).
- b. Ceiling.
- c. No hospital overhead paging system (or switch to turn-off).
- d. Windows must be "tinted" with draw curtains that can be closed.

## **6. DOORS**

- a. Heavy duty.
- b. Hospital rated.
- c. Bathroom door must open "out". (Optional for bedroom door).
- d. Technologist can open door and enter in case of patient emergency.
- e. Insulated with seals around the door (for noise and light).

## **7. PATIENT SETUP**

- a. Can be done in the patient sleeping room.
- b. Separate fitting room (ideal).
  - A. Comfortable chair for the patient.
  - B. Well lighted.
  - C. Countertop (surface area).
  - D. Storage cabinets and drawers for supplies.
  - E. Magazine rack.

## 8. ROOMS

- a. Patient sleeping rooms (140 sq. ft.) plus bathroom.
  - A. One sleeping room and bathroom must be handicap accessible.
  - B. Each bathroom should have a shower.
  - C. Sleeping rooms should not have a telephone.
  - D. Conduit should be placed in the headwall, nearest to the side of the bed, closest to the bedroom door. The wires should exit via a wall box close to the amplifier, DC box and PAP unit (i.e. directly behind or close to the nightstand).
- b. Control room should be adequate in size, design, location and comfort to allow for effective function and comfort of technologists).
  - A. Counter space (computers, monitors, printer, etc.).
  - B. Conduit should be placed in the wall close to the computer workstations. The wires will exit at wall boxes below the counter.
  - C. Very comfortable chair(s) for the sleep technologist(s).
    - a. High back office type chair on wheels with lumbar support is desirable.
    - b. Staff restroom should be near the control room.
  - D. Telephone for sleep technologist.
  - E. Cordless telephone to take into patient room; if needed, for patient to call family, work, etc.
  - F. High speed internet access line required for remote access for technical support.
- c. Cleaning Room.
  - A. Double sink (wash, rinse and disinfect electrodes, masks, hoses, etc.)
  - B. Surface area for drying equipment and repackaging.
  - C. Wall area with hooks to hang electrodes.
- d. Supply Room (needs to be separate from dirty area).
  - A. Cabinets for storing supplies.
    - a. New Items.
    - b. Cleaned supplies.

## 9. FLOORING

- a. Carpet / Hardwood floors
- b. Rugs...concern for patient safety (slipping and falling).
- c. Anti-slip mats in shower.

## 10. ELECTRICAL OUTLET LAYOUT

- a. Patient sleeping rooms.
  - A. Two quad outlet boxes at head of bed
    - a. 1 in headwall near bed closest to the "door side" of the room
    - b. 1 in headwall near bed, opposite side from the door
  - B. Additional outlets needed for lamps, fans, etc.
  - C. One quad outlet box needed near the ceiling on wall at foot of bed for camera, IR illuminator and TV.
  - D. Main light switch should have a dimmer control.
- b. Control room
  - A. One quad outlet box under countertop for each computer.
  - B. Plan ahead. Install adequate electrical outlets for computer stations and physician review stations.
  - C. Misc. outlets needed for refrigerator, microwave, coffee maker, floor lamps, fan, etc.
  - D. Setup room should have a minimum of 2 outlets.

- Hairdryer may be needed to dry the Ten20 paste or collodian.
- E. Cleaning room should have a minimum of 2 outlets.  
Equipment dryer may be required at some point.

Note: Be sure to provide plenty of electrical outlets without overloading the circuits.

## 11. PATIENT COMFORT ITEMS

- a. Recliner chair (e.g. Lazy Boy).
  - A. Some patients cannot sleep in a typical bed (flat).
  - B. Comfortable chair for them to relax and watch TV prior to going to bed.
- b. Thermostats.
  - A. Each room should have its own thermostat control.
- c. Ventilation duct(s) – Layout in relation to bed location.
  - A. Air should not blow directly on the patient.
  - B. Louvers should open and close quietly.
- d. Fan(s)
  - A. Additional airflow will help eliminate “sweat artifact.”
  - B. Also provides “white noise.”
- e. Television/DVD/Radio.
  - A. Many patients want to watch their favorite TV show (e.g. Monday Night Football, etc.)
  - B. DVD can be used for patient education.
- f. Coffee Maker and Microwave.
  - A. Sleep technologist – coffee / “lunch” during the night.
  - B. Continental breakfast for the patient(s) in the morning.
- g. Refrigerator (small)
  - A. Patient medication(s) e.g. Insulin for diabetic patients, etc.

## 12. PATIENT CARE ITEMS

- a. Oxygen.
  - A. Hospital piping system to wall outlets.
  - B. Piped into rooms from O2 Concentrator
    - a. Ideal to keep concentrator away from the bedside (noise/heat).
  - C. Oxygen tanks (2 ea. E size or 1 ea. H size).
    - a. Tank holders or carts required for securing tanks in the patient’s room.
  - D. No Smoking signs must be displayed in all areas.
- b. Suction Equipment.
  - A. Portable suction (oral/nasal) needed for emergencies, including connecting tubing and disposable suction catheters.
- c. Code blue emergency kit.
  - A. Resuscitation bag, mask and airway needed for CPR.

## 13. PATIENT SAFETY

- a. Parking should be reasonably close to the sleep lab entrance.
- b. Signs directing the patient to the sleep lab should be very visible immediately upon entering the campus.
- c. Outside entrance should be well lighted.
- d. Intercom / buzzer system should be available for the patients to announce their arrival since the outside doors may be locked.

- e. Main door to the facility should have a “panic” bar for quick exit in case of emergency.
- f. Smoke detectors, CO monitors, emergency lighting, etc. should be provided, as in other patient care areas.