## Texas Lung Associates



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## Sleep Hygiene Recommendations

What is a Pulmonary Function Test? Avoid watching TV, eating or discussing problems in bed.

A pulmonary function test (PFT) measures how well you are breathing. There are Make your bedroom quiet, dark and cool.

During the test you will perform a series of different types of breathing tests. The results of these tests will help your doctor find the best treatment plan for you day. It helps your body know when it is time to sleep.

Preparation for the PFT

> Get enough daylight during the day. That will help your body know when it is time to be Yourskouldwhen is in time to althe day of the test.

The roid sluids after a characteristic that the state of the used before the test. If you are on a medication that is not listed below, please continue to take that See your doctor to discuss treatment of frequent night time urination. Ventolin, ProAir, Albuterol or Xopenex), please bring it with you. You will be asked to use it during the test.

Avoid smoking for two hours before bed. While it may feel relaxing, it is a stimulant. Do NOT use these inhaled medications 24 hours before your appointment:

- Avoid alcohol for two hours before bed. It makes you feel sleepy, but it may awaken you at night Advair Advair night. Serevent Symbicort
- Avoid exercising 600 two hours before bed. It can cause over the energized and keep you

awake. • Foradil

Alvesco

Spiriva

- Flovent
- Avoid having a heavy meal right before bed, but a light tenack or glass of milk can be relaxing.

- Striverdi Respimat
  Avoid napping if you can. If you do nap, try to limit the time to a half an hour or less. Avoid napping after 3:00 pm.
   Azmacort
   Dulera
   Dulera
   Anoro Ellipta
- Incruse Ellipta Wind down for one to two hours before going to bed. Avoid arguing, talking on the phone, watching exciting TV shows or reading exciting books.

Do NOT use these inhaled medications SIX hours before your appointment:

- Atrovent (ipratropium)
- Combivent/DuoNeb (ipratropium and albuterol)

## Do NOT use these inhaled medications FOUR hours before your appointment:

- All rescue inhalers and nebulizer treatments including: Provent, Ventolin, Albuterol, ProAir and Xopenex
- Maxair
- Primatene Mist

## What Should I Expect During the Pulmonary Function Test?

You will perform a series of breathing tests. These tests will involve normal breathing, deep breathing, as well as, holding your breath. A good effort during the test is important to get the best results. Some tests may be repeated to ensure reliable results. The nurse/technician will coach you during each test to help you make a good effort. If you wear oxygen, you will be asked to stop using it 20 minutes prior to the test.

The pulmonary function test will take approximately 45 minutes. We ask that family members and/or friends accompanying you remain in the waiting room.