

The Date of your Sleep Study: _____

The Arrival Time: Between 8:45PM to 9PM, as **instructed**.

Please do not drink any caffeinated or alcoholic beverages after 3:00PM.

Thoroughly wash your head with shampoo or soap 2 to 3 hours prior to your arrival, or, if you prefer, bath or shower. **Please, no braided or pony-tailed hair.** Shave, as you would normally. DO NOT use any face or body moisturizers, hair spray or gel.

Please bring the following:

1. Picture ID (i.e. driver's license, valid passport)
2. Insurance Card (Current)
3. Co-Payment – Collected prior to procedure (Cash or check only - We do not accept credit/debit cards.
4. The completed & signed enclosed Patient Registration and Sleep Survey Forms provided.

Bring loose-fitting sleepwear. If you prefer to use your own sleep and bath accessories, please bring them with you. You may also bring something to read. Cable TV is provided.

Please bring your own toiletries, i.e. toothpaste, comb, etc. The Sleep center is equipped with a bathroom and a shower. We provide soap and towels. If you need to shower in the morning, please let the tech know upon arrival.

Please bring and take all medication as usual and if you use an oxygen tank, please bring that, too. DO NOT STOP taking your prescribed medication unless your doctor has order you to do so. The Center does not provide any medications, prescribed or un-prescribed.

If you require an assistant or are under the care of a caregiver, nurse or medical aide, that person should stay with you during the night of the study. Otherwise, we cannot accommodate you; the sleep tech will have no choice but to send you home.

Wake-up time is between 5:30 and 6:30 AM. You will be leaving by 6:00-7:30AM . If you are having an MSLT (daytime study) procedure done the next day, your study will start at 7:30AM immediately after your night study and finish between 3-3:30PM. Bring your own lunch. WE DO NOT PROVIDE LUNCH.

Patients with nutritional, diabetic or other special health/medical dietary needs, please bring food with you. Upon request, coffee, tea or hot cocoa and a Danish will be served in the kitchen area before you leave in the morning.

Your test results will be sent to your referring physician approximately 3-14 days after your test date.

If you are unable to keep your appointment for any reason, you must notify our office at least 24 hours before your appointment. Keep in mind the sleep technologist has been scheduled for your test and will be at the facility.

Expect a call from the Sleep Facility's Central Office the day before and on the day of your scheduled study to confirm you appointment. YOU ARE EXPECTED TO CONFIRM OR TO CALL BACK TO CONFIRM. OTHERWISE, WE SHALL ASSUME YOU ARE NOT PROCEEDING WITH YOUR APPOINTMENT.

Setup time before lights out or bedtime is 1-3 hours, possibly more if you have not completed you paperwork or confirmed your appointment.