

INSTRUCTIONS FOR SLEEP STUDY

Please use the **Location link on the website for directions to the sleep laboratory.**

- Preparation:** Bathe, shampoo your hair and eat prior to arrival. Do not use anything on your face, body or hair, including makeup. **WOMEN:** Nails should be clean and unpolished. **MEN:** Please shave just prior to the night of your study. Just shave the bare areas if you wear a beard.
- Alcohol:** Unless otherwise directed, drink your usual amounts of alcoholic beverages on the day of your sleep study. **DO NOT** become intoxicated or operate a vehicle under the influence of alcohol. If the clinical staff determines your behavior is inappropriate and not responsive to correction, we will call for assistance as needed from local authorities. We may request that you be transported home if testing cannot be properly continued.
- What to bring:**
 - Pajamas or T-shirt and gym shorts (NO nightgowns, sleep shirts and NO silk pajamas) .
 - Robe and slippers
 - Glasses, if needed for reading
 - Your own pillow
 - An overnight kit with personal grooming items.
 - Towel and wash cloth if a shower is desired (showers are available).
 - A bedtime snack (if desired) – Please do not use caffeine (tea, coffee, and colas).
 - Your regular medications including aspirin and antacids. Take them as usual
 - Nebulizer and oxygen tubing, if used.
 - If you are already on CPAP/BiPAP**, please bring your mask, headgear and chin strap.
 - Supplemental oxygen supply sufficient for the evening and next day, if used.

The laboratory cannot refill your oxygen tank.
- Leave at home:** Valuable jewelry, watches, BEEPERS, CELLULAR PHONES, and RADIOS.
- Television:** Use will be limited to videos only and none will be available after you go to bed.

If you are more than 1 hour late and have not contacted us, we may have to reschedule your study. Unless canceled at least 24 hours in advance, our policy is to charge for missed/late cancel sleep testing appointments at the rate of \$200.00.

If you have any questions, call the office at 817-332-7433. Sleep lab # 817-335-3900.

We are a non-smoking facility.