



Sleep Testing Laboratory
2941 Oak Park Circle, Suite 200
Fort Worth, Texas 76104
817-617-4100 www.SleepConsultants.com

Patient Instructions for Sleep Studies

Please use the [Location](#) link on the website for directions to the sleep laboratory.

**** Please be on time. You should be ready to leave the lab by 6:00 AM. ****

1. **Getting ready for your sleep study:**

- Avoid naps, caffeine, and anything else you know may keep you awake that night.
- Please **bathe/shower**, wash your hair, and eat a normal meal before coming to the sleep lab.
- Fingernails should be unpolished.
- Men: please shave just before coming. If you have a beard then just shave bare areas.
- **If you have any special needs, such as a recliner or hospital bed, or the need for a relative or caregiver to spend the night at the lab, please tell us at time of scheduling. Otherwise, we may not be able to accommodate the special need.**

2. **What to bring for your test:**

- **Payment for the test** (co-pay, insurance deductible, etc.). Credit / debit cards, checks, or cash are OK. Make checks payable to TPCCC. Cash must be the exact amount owed.
- Cotton pajamas, T-shirt and shorts, or gown (no nylon or silk). Robe and/or slippers if desired.
- **Evening/bedtime medications**, including nebulizers, pain medications, and sleep aids.
- We have both firm and soft pillows at the lab, but some people prefer to bring their own pillow.
- An overnight kit with personal grooming items. Don't forget eyeglasses if needed to read.
- Bedtime snacks if desired, but nothing caffeinated (please no tea, coffee, soda, chocolate, etc.).
- Something to do during brief evening downtimes. **There are no televisions or Wi-Fi at the lab!**
- Nicotine substitute if needed. **No tobacco or e-cigarettes are allowed at the sleep lab.**
- Supplemental oxygen to travel to and from the lab if needed. We supply oxygen if needed while in the lab.
- If you already use PAP therapy, please bring your mask and chin strap, but not your machine.

3. **Cell phones / personal electronics:** Use is limited to before "lights out" at 9:30 - 10:00 PM. For obvious reasons, **cell phones and other electronics must be turned off during your sleep study.**

***** Electronics are bad for sleep in multiple ways! *****

4. **Leave at home:** Valuable jewelry, watches, radios, tobacco in any form, and e-cigarettes.
5. **Alcohol:** You may bring alcohol if you usually drink before bedtime. However, if behavior becomes inappropriate, we will ask that someone take you home, and/or call local authorities.

**** If a study is cancelled less than 24 hours beforehand, your \$200.00 deposit will be deposited. ****

If you have any questions, please call your sleep doctor's office, our main office at 817.332.7433, or the sleep lab at 817.617.4100.