



Sleep Testing Laboratory

2941 Oak Park Circle, Suite 200

Fort Worth, Texas 76104

817-617-4100 ext. 2046 www.SleepConsultants.com

Patient Instructions for Sleep Study

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.

Results will be available within 10-14 business days. The sleep technologist is not able to discuss any results with you. Please contact the provider who ordered the study or schedule a follow-up appointment to discuss results.

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 clean and 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 your 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 Texas Pulmonary or 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.
- **Bring your own pillow.**
- An overnight kit with personal grooming items. Don't forget eyeglasses if you need 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 you with oxygen if needed while in the lab.
- If you already use PAP therapy, please do not bring your machine. A mask fitting will be done with you; however, you are welcome to bring the current mask you are using for the technologist to see.

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.

**** If a study is canceled less than 24 hours beforehand, a \$200.00 fee will be charged. ****
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 ext 2046.