

1. Take any medications you take at night before you arrive for sleep study appointment. **If you need to take a sleep aid, do not take it before arriving. Talk to your sleep technician about this before your study. The Sleep Center does not keep or administer any medications, even over the counter medication.**

Bring a list of home medications with you to your appointment.

2. Do not bring your CPAP machine, but you may bring your mask if you would like.

3. You will have a private bedroom with queen-sized adjustable bed, full bathroom w/shower, and a thermostat to adjust room temperature to suit you.

Bring personal toiletries and a change of clothes for the next day.

4. You may bring your own pillow or blanket to help you sleep better but bedding and towels are provided. No heating pads or electric blankets please.

5. Silence cell phones during testing.

6. Please bring pajamas or shorts and t-shirt. Your comfort is important, but we do prefer 2-piece pajamas and no silk or nylon.

7. If you have incontinence issues, please bring an extra change of clothes and any supplies normally used at home for the night of study.

8. No naps, caffeine, or alcoholic beverages on the day of sleep study, do going to sleep will be easier during testing.

9. Be sure to eat evening meal prior to arrival.

10. Have a clean scalp. Wigs, hair pieces, etc. will need to be removed to place electrodes on scalp. Please alert sleep technician if have permanent hair piece attached to allow for electrode adjustment.

11. Remove fingernail polish from at least 1 nail. You will be wearing a sensor on one of your fingers.

12. Test will be complete between 5 or 530 the next morning, you will be staying overnight.

13. If you have had surgery in the past 6 weeks, please reschedule your appointment after 6 weeks post op.

15. Patients with special needs or requiring the services of a caregiver during the night will be required to bring someone with them who can stay throughout the procedure to provide the needed assistance.

No other guest will be allowed for sleep study appointment as the results of test may have altered outcome.