

Sleep Study Procedure & Instructions

It is very important that you follow these instructions the day of your sleep study.

Our goal is to provide the best test and evaluation of your sleep study. Your cooperation in following these guidelines is necessary to ensure a successful study.

1. Please arrive on time at 8:00p.m. Enter the door on the left at the main entrance.
2. If you are on PAP therapy, please bring your mask with you.
3. Avoid alcoholic beverages.
4. Avoid coffee or caffeinated beverages for at least 6 hours before your appointment.
5. Please eat dinner before coming to the lab for your study
6. Avoid taking any naps the day of the study.
7. Bring loose fitting pajamas to wear for the study; this will facilitate comfort and easy accessibility, nightgowns are not acceptable.
8. Continue to take all medications, except sleep aids, as ordered by your physician.
9. Please bring a complete list of all medications you regularly take (including over the counter medications).
10. Please be sure your hair and skin is clean and dry, do not use hair care products or lotions on your skin.
11. Our sleep center is a non smoking facility, please refrain from smoking before your study.
12. Cell phones must be turned off during your study.
13. Our sleep center is an outpatient facility. If you require medications bring them with you.
14. If you need an attendant bring them with you.
15. A restroom and a shower are available for your use.
16. We are able to make adjustments to the room temperature. Please let the sleep tech know if you are uncomfortable during the study.
17. If you sleep better with your own pillow, you are welcome to bring it.
18. No weapons are allowed on premises.

Our sleep center does not have accommodations for pets or guests. (Special arrangements will be made for parents of children having sleep studies.)