

**PATIENT INSTRUCTIONS FOR SLEEP STUDY**  
PLEASE READ CAREFULLY

A TECHNOLOGIST HAS BEEN SCHEDULED TO MONITOR YOU THROUGHOUT THE NIGHT.

PLEASE BE CONSIDERATE AND GIVE ALEAST 48 HOURS NOTICE IF CANCELING OR RESCHEDULING YOUR APPOINTMENT.

Please report on \_\_\_\_\_ at \_\_\_\_\_ for your study. If you have never been to our office before, please bring your insurance card and driver's license. If you were given a sleep questionnaire, or if one is included with this form, please complete before coming for your sleep test and bring with you. Please enter through the door on the far right. The door will be locked, so please ring the door bell and one of the sleep technicians will let you in.

**If you have any special needs, PLEASE notify the Sleep Center at 678-605-1008**

**THINGS YOU SHOULD BRING WITH YOU INCLUDE:**

1. Comfortable pajamas (tops and bottoms) or T-shirt with shorts are required. Pajamas will not be provided by sleep center.
2. Your own pillow(s) from home. The center will have pillow(s), but you may be more comfortable with your own.
3. Toiletries (toothbrush, toothpaste, razor, deodorant, etc.) Showers are not available.
4. Your nighttime medication(s). If you will need aspirin, Tylenol, antacids, Benadryl, or any other over-the-counter medications, *please* bring them with you to the center. We will not provide any medications.

**GENERAL INSTRUCTIONS:**

1. Shower and shampoo your hair the day of study. Your hair should be free of hairspray, gels, or other preparations. Also, no braids, extensions, or weaves.
2. Remove all makeup.
3. Do not take a nap the day of your sleep study.
4. Continue taking prescribed medication unless advised otherwise by your physician.
5. Avoid alcohol prior to testing.
6. Avoid caffeine after 12 noon on day of test. This includes coffee, tea, chocolate, cocoa, and cola drinks. You may have decaffeinated beverages.
7. Try to maintain your usual daytime schedule. Avoid unusual physical exercise or meals.
8. If you require food to take with your medications or to help control diabetes, bring this with you.
9. You will be able to drive yourself to and from the center unless a physician has instructed you differently. If you will need someone to drive you home, please have them arrive at 6:00AM the following morning.
10. Friends and family members who accompany you to the sleep center cannot stay the night with you except in special circumstances. Arrangement will need to be made ahead of time. Please notify the center if you will need a care giver or other person to stay with you.
11. A stick paste is used to attach some of the electrodes. If you are planning on going anywhere the morning following your sleep study, you will want to go home first to shower and wash off the paste.
12. For your safety, smoking is not permitted in the sleep center.

*Should you develop a severe head cold, fever, vomiting, diarrhea or nasal congestion, skin rash, lice or other contagious condition, notify us immediately at **678-605-1008***

**Our goal is to provide the best possible evaluation of your sleep.  
Your cooperation is appreciated. Thank you.**