



## PATIENT INSTRUCTIONS for PAP TITRATION STUDIES

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1. Patients should report to the Sleep Center located at 1493 Kennedy Road, Suite C. to register on the night of their sleep study at 8:00 PM. Ring the doorbell at the front door and you will be greeted by one of the sleep technologists.
2. If you are currently using PAP therapy, bring your current mask with you to be reviewed by the technologist. **You will be given your mask back to take home.**
3. If instructed by your physician, to hold YOUR CURRENT PAP therapy for 2-3 nights prior to the test, please advise the technologist the night of the study.
4. The name of your home care provider should be given to the technologist for our records.
5. Please bring any medication that you are currently taking in the bottles, including over-the-counter medications such as Tylenol, etc.
6. Bring something comfortable to sleep in, preferably a two-piece top and bottom. You may also bring your own pillow from home.
7. **DO NOT** drink beverages with caffeine in them after 2:00 pm. For example: Coke, Pepsi, Coffee, Tea, etc.
8. Eat dinner **BEFORE** coming to the sleep center.
9. If the patient is a minor (17 years or younger) a parent or guardian must accompany them and stay the night.
10. The study will be completed and you will be awakened by 6:00 AM and should be ready to leave by 6:30 AM the following morning.
11. **Please do not wear any lotions, oils, or make up.**
12. A shower is available for use after your sleep study. Shampoo, soap, linens and a hair dryer will be provided if needed. **Be advised that a conductive paste (a sticky paste) is used during your sleep study and your hair may need to be shampooed after the sleep study.**
13. If you need to contact us for any reason, or if you have any special needs that we should be aware of, please call us at (229) 353-7425.