



PATIENT INSTRUCTIONS

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.
2. Ring the door bell at the front door and you will be greeted by one of the sleep technicians.
3. Please bring any medication that you are currently taking in the bottles, including over-the-counter medications such as Tylenol, etc.
4. Bring something comfortable to sleep in, preferably a two-piece top and bottom. You may also bring your own pillow from home if you want.
5. **DO NOT** drinks beverages with caffeine in them after 2:00 pm. For example: Coke, Pepsi, Coffee, Tea, etc.
6. Eat dinner **BEFORE** coming to the sleep center.
7. Please complete the Sleep History and Questionnaire included in this envelope and bring with you to your appointment.
8. If the patient is a minor (17 years or younger) a parent or guardian must accompany them and stay the night.
9. The study will be completed and you will be awakened between 6:00-6:30AM and should be ready to leave by 7AM the following morning.
10. **Please do not wear any lotions, oils, or make up.**
11. A shower is available for use after your sleep study. Shampoo, soap, and linens 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.**
12. 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.