

Notes to keep in mind on the day of your sleep study appointment:

1. **Avoid drinking any caffeine after 12 NOON.** Caffeine can fragment your sleep.
2. **Avoid taking any naps throughout the day.** We want you to be as tired as possible when you come in so it is easier for you to fall asleep.
3. **Make sure your hair/scalp, skin, and fingernails are clean, dry, and without obstruction.** I.e., no hair products, hair gel, hair spray, mousse, pomade, hair putty, hair weaves, tight braids, cornrows/rows/canerows, lotions, artificial fingernails or nail polish on fingernails, etc. Please remove and/or avoid having or using these in view of your sleep study appointment, as they can prevent the proper placement or function of sensors. If applicable, please make sure to shave your facial hair/stubble (e.g. beard) as we will be applying sensors on and under your chin. Please also refrain from wearing jewelry or watches to your sleep study; you will be asked to remove these items to prevent any possible electrical interference with our equipment during the study.
4. Please maintain your normal routine, i.e., **take your medications as you normally would**--unless your doctor has advised you otherwise--and **have dinner** before coming in. You may bring a light snack to the clinic if you would like to. We do not provide food, but we have drinking water available.
5. **Bring comfortable sleep wear (e.g. loose fitting t-shirt and shorts).**
6. We keep the rooms cool in order to prevent equipment malfunction. We provide clean sheets, pillows, and a blanket for patients, although you are welcome to bring your own if you have special preferences. **Please give us advanced notification** if you will be accompanied by someone (must be age 13 or older). Have your guest bring his/her own pillow and/or blanket. Your guest will be allowed to stay in your room with you, but he/she may have to bring something to sleep comfortably on the floor (e.g. sleeping bag or futon) if a recliner is not available.
7. Please bring your photo ID (Driver's license preferred) and your proof of insurance(s) (e.g. insurance card). If you have more than one insurance, please make sure to bring proof of **all your current** insurance coverage. We will make a copy of these items for billing purposes, therefore we cannot accept military ID cards. These items will be returned immediately after a copy is made.
8. **Please bring the proper change for your co-payment or cost-share and deductible.** We also accept personal checks and credit cards (MasterCard and Visa only). If you are unsure of your cost for the sleep study, please contact our office at 647-6669 or your insurance carrier for a proper estimate. Please refer to our **payment policy** for more information.
9. You may bring your electronic devices such as a laptop or tablet for your entertainment during downtime. However, **we do not provide Wi-Fi.** An alternative would be to bring a book to read or a DVD to watch while you wait. You will be required to shut off your electronic devices (including your mobile phone if you have one with you) before "lights off" to prevent equipment interference or interruption of your sleep. **Please have your family/friends call the sleep center at 647-6669 if they need to contact you in case of an emergency.**
10. Please note there may be a waiting period before your sleep study begins because your sleep technician may be tending to another patient. There is also a "hook-up" process before you go to bed during which your sleep technician will apply electrodes and sensors to your head and body. This process can take up to an hour. Although we will try to have you settled in bed as early as possible, please be patient as the technician ensures all the equipment and sensors are working properly for your sleep study.
11. You are welcome to bring own toiletries if you would like to take a shower or freshen up at our facility after your sleep study.