

INSTRUCTIONS – SLEEP STUDY

- Arrive at your scheduled appointment time, it is not necessary to arrive early.
- Enter through the Emergency Department entrance.
- Bring your current health insurance card(s).
- Bring a list of your current medications.
- No napping the day of your sleep study.
- No caffeine the day of your sleep study.
- Shower the day of your sleep study but don't have wet hair when arriving for your test.
- Take all medications as prescribed by your physician the day of the study.
- Bring your night time medications with you, if necessary.
- No medications, including any over the counter medications will be provided by the sleep lab.
- Bring something comfortable to sleep in (pajamas, sweat pants, shorts, t-shirt, etc.).
- You are welcome to bring your own pillow if you wish, though not necessary.
- A shower is available in the morning for your use.
- Soap and towels are provided. You may want to bring other necessary toiletries with you (shampoo, comb, blow drier, shaving kit, tooth bursh/paste, etc.).
- If you are currently using CPAP, it is NOT necessary for you to bring your CPAP machine from home with you. You are welcome to bring your own mask if you wish, though not necessary.
- We are required to record 6 hours of sleep testing. You can leave any time after the 6 hours of recording is reached.

QUESTIONS? Please call 989-635-4338