



You are scheduled for an overnight sleep study at our facility.

There is no need to arrive early to your appointment. Your technician will be preparing your sleep room for you and will not be available until your scheduled appointment time.

Patients who will be using a sleep aide for the FIRST TIME on the night of their sleep study are required to arrange a ride home the morning after their study. Patients who are taking sleep aids as part of their normal routine are required to remain at our facility for a minimum of 8 hours after taking their sleep medication before being able to leave on their own.

If you have an Advanced Directive or Do Not Resuscitate order, please ensure that you have a copy of it with you when you come for your study to be able to notify and provide a copy of the order to your technician.

To help maintain a strong EEG electrode connection to your skin, we ask that you shower or bathe prior to arriving, and that you DO NOT use any of the following items:

Hairspray, gel, or putty Facial lotions\creams Makeup Any other topical products

Items you might want to consider bringing to your appointment:

- **Your favorite pillow or blanket**
- **If you are currently on CPAP, please bring your mask**
- **Loose-fitting 2-piece pajamas or a T-shirt and shorts**
- **A snack, if needed**
- **Prescription Medications**
- **A hat or cap (your hair will be messy in the morning)**
- **A comfort item that may help you sleep better**
- **Slippers and bathrobe (our bathroom facilities are public use)**
- **Basic toiletries (toothbrush, hairbrush, etc.)**

Cell phones and other electronic devices are requested to be on silent mode during your sleep study. Please give friends and family our phone number as an emergency contact number during your stay. Please give us at least 48 HOURS notice if it becomes necessary for you to reschedule your appointment! If you do not give us at least 48-hour notice, or you do not show up to your scheduled appointment, you will be required to pay a **\$100** fee before we will be able to reschedule your appointment. Your fee will be applied to your sleep study balance afterwards, including any copays or deductibles you may owe. If your insurance company pays in full, your fee will be refunded to you. If you do not provide a 48-hour notice or no show to your appointment a second time, your \$100 fee will not be returned.

If you have any further questions or concerns, please do not hesitate to contact us.