

**Patient
Instructions:**

1. Have your evening meal prior to arriving for your study.
2. On the day of your study, avoid taking naps if possible.
3. Avoid caffeine after Noon (includes soda, tea, chocolate and coffee).
No alcohol before study.
4. Hair and skin should be clean and oil free. Hair should be loose. Please no weaves or braids.
5. Take your usual medications unless otherwise instructed by your physician. Do not take a sleep aid unless advised by your physician. If your physician advises you to take a sleep aid, the technologist will let you know when to take it. You may want to bring nasal spray if you are coming in for CPAP titration.
6. Bring comfortable sleeping attire (do not wear silk). Wear loose fitting 2-piece pajama sets or shorts and a loose-fitting T-shirt. Do not wear anything tight around your ankles.
7. You may bring your own pillow if you desire.
8. You may wish to bring a hat or scarf due to the fact that you will have some paste residue in your hair until you return home to shower.

If you have a preference regarding a male or female technician to administer your study, please contact Jacksonville Sleep Center 904.854.6899. One of our helpful staff will address your concerns.

Sleep Study Date/Time: _____

Check-in 8:30 – 8:45 pm

Follow-up Appointment Date/Time: _____

JSC verifies insurance and policy coverage prior to appointments; however, it is recommended that you confirm coverage with your insurance provider for an accurate calculation of your financial responsibility. By providing the following information your insurance provider should be able to assist in the matter:

Diagnostic Sleep Study CPT# 95810
CPAP Titration Study CPT# 95811