

## INSTRUCTIONS FOR THE DAY OF YOUR TEST



### BEFORE your appointment

- ☐ Wash your hair prior to the study, either the night before or the day of your appointment.
- ☐ Avoid using hair products the day of your study, hair should be loose. Please no weaves or braids.
- ☐ Acrylic nails and/or nail polish should be removed prior to your study.
- ☐ Complete the MEDICAL HISTORY and SLEEP SURVEY included with this packet. Please bring this completed packet with you on the night of your study.
- ☐ Eat dinner prior to your appointment.
- ☐ Take your usual medications unless otherwise instructed by your physician. If taking a sleep aid, the technologist will advise when to take it.
- ☐ Prior to your sleep study, please review information on sleep disorders at [medbridgehealthcare.com](http://medbridgehealthcare.com)



### PLEASE don't forget to

- ☐ Bring your insurance card and ID.
- ☐ Bring comfortable sleeping attire- wear loose fitting **two piece pajama sets** or shorts and a loose fitting t-shirt. Please also bring a robe and slippers.



### PLEASE do not

- Take naps the day of your study.
- Consume caffeine after 10:00 AM- (This Includes soda, tea, chocolate and coffee)
- Consume alcohol before the study.
- Please do not arrive before your scheduled appointment time.
- Please do not wear silk pajamas, one piece gowns or sleeping attire that is tight around the ankles.

The sleep lab environment is safe and conducive to sleep. It is dark, quiet and pleasing with a controlled, comfortable temperature.

### Going Home

An overnight sleep study usually ends around 5:00AM to 6:00 AM the following morning. If you have someone picking you up please make sure they arrive between 5:30 AM and 6:00 AM. If a "nap study" or Multiple Sleep Latency Test is requested, it follows the overnight study and ends around 4:30 PM.

### For Important Questions

Call our office from 8:30 AM until 5:00 PM Monday through Friday. After hours or on the night of your study you may call the nighttime number.

***Please remember that an adult must accompany all minor patients for the duration of the appointment.***

### If You Need to Reschedule

WE UNDERSTAND THAT UNFORESEEN CIRCUMSTANCES MAY ARISE; HOWEVER, DUE TO THE UNIQUE SCHEDULING DIFFICULTY INVOLVED IN AN OVERNIGHT SLEEP STUDY WE REQUIRE A 48-HOUR NOTICE OF CANCELLATION IN ORDER TO AVOID A POTENTIAL \$250.00 CANCELLATION CHARGE.