Instructions for Sleep Disorders Center Patients

****Minors MUST BE accompanied by a parent or legal guardian****

You need to bring the following items with you for your study:

- Insurance card(s)
- Driver’s License
- Pajamas or sleep clothes (preferably two-piece pajamas or shorts and t-shirt)
- Toiletries that you will need after your study
- A current list of the medications that you take (if any)
- All medications that you will need to take during your study (the sleep center staff will not be able to supply you with, or obtain any medications for you)

Preparing for your study:

- Avoid sleeping or napping during the day of your sleep study
- Avoid caffeine (coffee, tea, sodas, chocolate) after noon the day of your study

When you arrive for your sleep study:

1. SMOKING IS NOT ALLOWED ON OUR CAMPUS

2. Once you have had a chance to change into your nightclothes, the technologist will prepare you for the study (“hook-up”). For more detailed information please view the patient information brochure on the website.

3. After the hook-up is completed, you will be given an opportunity to relax in your room until it is time to begin your study.

4. The technologist will wake you at 5 am unless an earlier rise time is requested.

5. For additional information or questions, please contact 850-469-7042.