

PATIENT INFORMATION AND INSTRUCTIONS

Please arrive at the Hospital **15 minutes** prior to your scheduled study time to register. You will be admitted through the ER registration area. **Please remember to bring your insurance information with you. If you require any special accommodations or have certain needs, please let registration know.** A Sleep Technician will be called to bring you up to the Sleep Lab once the registration process is finished. The complete testing time including hook up will take approximately 9 hours total. If someone will be picking you up, they may arrive at the ER waiting room or the Main Entrance (blue canopy). Please understand these times may vary because of several factors, so you may be later or earlier than this.

On the day of the test:

1. Please bring with you a current list of your medications, and include any allergies. There is a form in this packet for your convenience.
2. Please remember to bring your completed SLEEP LAB QUESTIONNAIRE.
3. Avoid taking a nap the day of your test.
4. Avoid drinking any caffeinated beverages after 5 p.m. (coffee, tea, soda, chocolate)
5. Remember to take all your usual medications before coming in for the test or bring them with you to take at the Sleep Lab (unless otherwise instructed by your physician). This includes diabetic testing supplies and medication for breathing difficulties such as inhalers and nebulizers.
6. Shower and shampoo your hair, and avoid hairspray, gels, or oils.
7. Men should be freshly shaven, unless you have a beard.
8. Bring your pajamas, slippers, toiletries, etc., to the Lab with you.
9. You may bring a favorite pillow or other sleeping item.
10. Do not bring silky clothing to sleep in. It is requested that you bring a tee-shirt and sweat pants, cotton or flannel pajamas, shorts and a tee-shirt, or other similar attire. Please do not bring a gown to sleep in. The placement of the wires makes wearing a gown impractical.

IF YOU ARE UNABLE TO ATTEND YOUR SCHEDULED SLEEP STUDY, PLEASE CALL AS SOON AS POSSIBLE, SO THAT OTHERS MAY USE YOUR TIME SLOT.

**Notify the Sleep Center at 815-664-1122 or
Scheduling Department at 815-664-1359.**