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How to Prepare for a Sleep Study

Your physician has requested a sleep study in order to evaluate your medical condition. The following are instructions for you to follow the day of the test.

1. Please show before coming into the lab to remove an excess shampoo, hair spray or mousee that may be in your hair. Ladies please remove all makeup and fingernail polish. Please let the technician be aware of braids, extensions, and hairpieces.
2. Please wake up at your usual time on the day of the study and try to avoid naps during the day. For those who work third shift, please contact the sleep lab ahead of time so that arrangements can be made to accommodate your sleep schedule.
3. Please eat dinner before reporting to the sleep lab and try to avoid any spicy foods if they tend to bother you. You may bring a snack from home.
4. Bring your usual sleeping attire. **Please no silk wear! You must wear at least under garments.** You may bring your personal necessities such as a toothbrush, toothpaste, etc however we do have some on hand in case you forget. If you prefer you may bring your own pillow. You may bring a book to read or a movie to watch. All of the rooms are equipped with a television and a fan, only one has a DVD, please let the technician know if you would like this feature.
5. We ask that friends/ family members not remain in the sleep lab. Overnight arrangements can be made for long distance spouses that drive the patient or for parents of young children.
6. You will be getting up around 5:00 a.m. If you like, you may wash up in the bathroom, **but there is no shower.**
7. Please take all prescription medications as indicated by your physician. Please let the sleep lab know if you take any sleeping aids.
8. *If you are 30 minutes late for your scheduled appointment, you may be rescheduled. If you are going to be late, please call the sleep lab. There will be a fee of \$50.00 for no shows.*
9. **Please call 24 hours in advance if you cannot keep your appointment.**

If you have any questions please feel free to call us at (847) 855-9700.