



## **Patient Instruction Sheet**

1. If you become ill or are running a fever the day before or the day of your sleep study, please call so that we can reschedule your appointment.
2. Maintain your normal daytime schedule as close as possible.
3. Please do not drink caffeine after 12:00 noon.
4. Eat a sensible dinner before you arrive. Avoid spicy foods, large meals, etc.
5. If at all possible, refrain from taking a nap the day of your sleep study.
6. Please shampoo and dry your hair prior to arrival. Please do not use hair spray, gel, etc. on your hair. Also, do not put any lotions on your face or body. This may make it difficult for all of the electrodes to stay in place.
7. If you have a hairpiece, it will need to be removed.
8. If you go to the Beauty Salon on a regular basis, we recommend that you wait until the day after your sleep study.
9. Bring something comfortable to sleep in. You may bring a robe and slippers also.
10. Bring your favorite pillow if you wish. (Please remember to grab it on your way out in the morning)
11. Bring anything that you might take to a hotel for one night.
12. If you must leave and go to work and would like to take a shower the morning after your study, please inform your technician what time you will need to be awakened.
13. Take all regular medications on the day of your study and bring any nighttime medications with you that are to be taken before bed unless otherwise instructed by your physician. If you take something to help you sleep, please inform your technician when you arrive.
14. You will need to arrive at 8:30 p.m. to check in for your sleep study.
15. Please bring your insurance card(s) with you when you come in to have your sleep study.

**Please follow these instructions on the day of your sleep study to help ensure that we are able to provide you with quality service and care.**

**For questions or concerns, please call  
(501)268-6700 or toll free 1-877-441-9691**