



## SLEEP STUDY INSTRUCTIONS

**Patient Name:**

**Date of study:**

\_\_\_\_ 1055 N. Dixie Freeway, Suite 2, New Smyrna Beach

\_\_\_\_ 780 Dunlawton Ave., Suite 1, Port Orange

\_\_\_\_ 575 N. Clyde Morris Ave., Daytona Beach

### What to Expect...

Please plan to arrive for your sleep study between **8:30pm and 9:00p.m.** All Visitors with patient must leave by **9:00pm.** **PLEASE ARRANGE YOUR TRANSPORTATION TO PICK YOU UP AND PLAN TO LEAVE BY 5:45am. THE TECHS WILL LEAVE AND THE LAB WILL BE CLOSED AT 6AM NO EXCEPTIONS!**

### \*Instructions to follow on the day of your sleep study

If you have any questions about your test, you can contact the sleep center directly at:

**(386)423-0505, extension # 1235**  
**between the hours of 9:00 am and 3:00 pm**

1. Please bring a valid ID and insurance card(s)
2. Please remain on all routine medication unless otherwise instructed by your medical provider. Please be sure take any medication before arriving to sleep center.  
We **DO NOT** have any medication in the Sleep Disorder Center  
Example: 1. Nasal Spray 2. Aspirin or Tylenol 3. Antacid
3. You may eat whatever you would like on the day of your study, but **Avoid All Caffeine products after 1pm.**
4. **Do not take any naps** on the day of your study.
5. Please shower and wash your hair prior to being tested. **DO NOT use makeup, sprays, lotion, oils, etc. on your hair or body.** You may still use deodorant. Please remove any glued-on hairpieces prior to your appointment.
6. If you have acrylic fingernails that exceed ½ an inch past your fingertips, please remove at least one of these fingernails prior to your appointment.
7. You will need to bring your own sleep wear.
8. Please have dinner prior to coming for your sleep study. You may bring a snack and a drink.
9. You will have a private room with a bathroom, full-size bed and television.
10. When you come in, you will be brought into your room. After you have been set up for your sleep study, you may watch TV or read until you are ready to go to sleep.