



APPOINTMENT DATE FOR SLEEP STUDY: Day: _____ / _____ / _____

ARRIVAL TIME OF APPOINTMENT: 7:30 pm 8:15 pm 9:00 pm

If for any reason you cannot make your scheduled appointment, notify our office at least 48 hours in advance. **Failure to notify us of your cancellation 48 hours in advance or if you are more than 20 minutes late to your scheduled appointment time will result in a \$200 dollar cancellation/no show fee.** Our staff is available Monday through Friday 8:00 AM to 5:00 PM. Cancellations for weekend appointments must be done by Thursday prior to study. If you are concerned and unsure about anything please call and we will be happy to assist you with any questions or concerns that you may have.

ON THE DAY OF YOUR APPOINTMENT:

- Avoid caffeine in any form after 10 AM.
- Avoid napping.
- Please make sure to have dinner before coming in for your sleep study.
- **Be sure you have bathed or showered** and that you do not have any sprays or gels in your hair.
- Please make sure hair is completely dry.
- Women: Please do not wear makeup and be sure one fingernail is free of nail polish.
- Men: Please have a clean-shaven face with the exception of mustache or beard.
- If you have a permanent or woven-in hairpiece, please remove it prior to coming in.

ITEMS YOU WILL NEED TO BRING:

- **If already on PAP machine: bring your sleep mask.**
- Sleep wear: **(2 piece pajamas or t-shirt and walking shorts)**
Please **do not** wear nightgowns, lingerie, or one piece pajamas. It should be something with button front or that can EASILY go over your head, as you will still have some electrodes in place.
- Toiletries that you might need for the next day: toothbrush, tooth paste, hairbrush, etc.
- **Bring your medications** and take as directed, hold sleep aids until **directed** by the technologists.
- If you have any special medical condition or diet, please bring in your own food and/or snacks

THE FOLLOWING MORNING: We request that you do not leave the lab until at least 6 AM. If you need to leave before that time, notify the technician before the study begins. We will plan to awaken you between 5:00-6:00AM unless there are extenuating circumstances.

SLEEP ROOMS: Rooms are equipped with beds, TV, and cable. The bathrooms do not have showers.

Please, no smoking inside our facility. *(Smoking allowed outside, LAST CIGARETTE 2 HOURS BEFORE STUDY)*

**The test results turn-around-time is approximately 7-14 days, as time permits.
Once sleep study results have been obtained, our office will call you to let you know how to proceed.**

Sleep Better ~ Live Healthier!

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