



We are pleased to have the opportunity to provide you with sleep medicine services. You are scheduled for an all night sleep study on \_\_\_\_\_ at the sleep lab located on the 3<sup>rd</sup> floor of the Medical Center Clinic. It is important that you arrive at your scheduled time of **8:30 p.m.**

**Directions to Follow Before Your Sleep Study:**

1. Do not drink any caffeine beverages such as coffee, tea, or cola products (e.g., Coke, Pepsi, Diet Coke) after noon on the day of your appointment.
2. Do not drink any alcoholic beverages, including beer, liquors or wine, after 12:00 noon on the day of your appointment.
3. You may take your regular medications such as blood pressure pills, heart pills, etc. You may bring these medications with you to your appointment.
4. Before you come to the lab for your study, bath and shampoo your hair. Do not use any hair products on your hair after you shampoo. Do not use any makeup or skin creams on your face after you wash.
5. Do not take any naps on the day of your appointment.
6. If you require special assistance in getting in and out of bed, you must bring an aid with you to be responsible for this care.

**What You Will Need to Bring:**

1. Your bedtime clothes (preferably 2 pieces) and change of clothes for the next day.
2. Any toiletries you may want before/after bed. There is a restroom provided in the facility.
3. Bring all current medications with you in their proper containers.
4. You may bring your favorite pillow, if you wish.
5. Something to read or work on during non-sleep periods.
6. Do not bring any jewelry or valuables with you.

**What to Expect:**

The technician will ask you to change into your bedtime clothes and fill out a bedtime questionnaire. He or she will then mark and measure your head so as to apply the proper placements of the electrodes. None of the monitoring devices will cause or induce pain. The entire hook up procedure takes approximately 45-60 minutes. The sleep study will usually begin between 9:30 – 11:00 p.m. During the night you are free to use the restroom if need be. You are also allowed to sleep in any position during the night. If a monitoring device gets pulled off during the course of the study, the technician will fix it. In the morning, the technician will remove all of the monitoring devices. This process typically takes 15-20 minutes. Afterwards you are free to wash up and change clothes. The study usually ends between 5:00-6:00 a.m.

If you are unable to keep your scheduled appointment, please contact our office at least 48 hours prior to your appointment time at 850-969-2054.

**8333 North Davis Highway    Pensacola, FL 32514    850-969-2054    850-969-2044**