

Sleep Study Instructions and Information

Scheduling and Cancellation Policy

An all night sleep study appointment is very different from most health care appointments. A sleep study runs throughout an entire evening and a sleep technician is scheduled to be present for 10 hours to manage the care of only two patients. For this reason, it is vitally important that you keep the appointment that you have scheduled with us. If emergency circumstances dictate that you must reschedule your appointment, we ask that you provide us with as much advance notice as possible. *At a minimum, we require notification on the **business day prior to the date of your scheduled appointment.***

If you cancel your appointment without the required notice, or if you do not show up for your appointment, we will assess a \$200.00 non-refundable cancellation fee. This non-refundable cancellation fee is the responsibility of you the patient and will not be covered by your insurance company.

General Instructions

- Please bring a photo ID to show to our Technician. This is for your safety as well as our technician.
- Please avoid chocolate or any beverages containing caffeine for 12 hours prior to your study.
- Do not take any naps on the day of your study.
- Do not consume any alcoholic beverages the day of your sleep study.
- Please bring a list of your medications with just the name of the medication and milligrams.
- Please come freshly bathed with your hair loose – no braids. Also, please have no hair products in your hair (such as gels, mousse, oils, hairsprays, etc.) and no moisturizers or baby oil on your face or legs.
- If you feel like you may have a difficult time falling asleep during the sleep study, please talk to your doctor about acquiring a prescribed or over the counter sleep aid.
- Do not wear jewelry, other than a watch or rings, as jewelry interferes with the electrical signals during testing. We prefer no nail polish or acrylic nails as they may interfere with the pulse oximeter.
- Cell phones and pagers must be turned off before the study starts.
- No smoking is allowed inside the facility.
- Please be at the sleep center promptly at 9 or 9:30 PM, depending on your appointment time. While the technician will arrive at the facility earlier, they will be preparing for your study. You can expect to be awakened between 5 and 6 AM to prepare you for leaving.
- One parent must accompany children under 18 years of age.

Items to Bring With You

Please bring any personal items that you may need during your time at the sleep center. We will be unable to supply these items for you. In addition, we ask that you bring:

- Pajamas/Something to sleep in
- Toiletries
- Any medications you may need
- Pillow(s) if you think you will sleep better with your own.
- Something to read (optional).

In order to avoid potential loss, the possession of personal valuables by patients while at the sleep center is discouraged. In the event that these instructions are not followed by the patient, Complete Health will not be responsible for such lost possessions. (Please, do not bring them.)

Please notify us prior to testing if you are on home oxygen or have certain health conditions or handicaps that require special assistance.