

Patient Information for Sleep Studies

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:

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

Instructions

- (1) Please bring a photo ID to show to our Technician. This is for your safety as well as our technician.
- (2) Please do not drink any beverages containing caffeine for 12 hours prior, to your test.
- (3) Do not take any naps.
- (4) Do not consume any alcoholic beverages the day of your sleep study.
- (5) Please bring a list of your medications with just the name and milligrams.
- (6) Please come freshly bathed with no hair products in your hair: such as gels, mousse, oils, hairsprays, etc.
- (7) 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.
- (8) Do not wear jewelry, other than a watch or rings. Jewelry interferes with the electrical signals during testing.
- (9) Cell phones and pagers must be turned off, before the study starts.
- (10) Please, no smoking is allowed inside the facility.
- (11) Expect to be at the sleep lab at 9 or 9:30 PM depending on what time is scheduled for you by the lab. You can expect to be awakened between 5 and 6 AM to prepare you for leaving.
- (12) One parent must accompany children under 18 years of age, unless signing a waiver form.

*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.)

**In order that we may assist you better, if you have certain health conditions, handicaps or are on oxygen please notify the center prior to testing.

*****Cancellation Policy*****

If you must reschedule your sleep study, **we require a 12-hour prior notification**. If you cancel or miss your appointment without the required notice, 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.

Please visit our website at www.completehealthsleep.com