

**** PREPARING FOR YOUR VISIT ****

In order for your appointment to proceed smoothly, it is important that you follow the guidelines below:

- Please arrive to the Sleep Center at your scheduled time and notify us prior if you're running late.
- **Cancellations must be made 48 hours prior to your appointment.** If you are ill or develop an acute illness or upper respiratory infections (such as nasal congestion, common cold, etc.) just prior to your scheduled appointment, please contact your doctor or the Sleep Center to see if your test should be rescheduled.
***Beginning April 1st, 2009 a cancellation fee can be incurred if you fail to notify us of your cancellation within 48 hours.**
- If you have any special needs or accommodations (i.e., wheelchair, dietary needs, etc.), please make the necessary arrangements and also notify the Sleep Center prior to your scheduled appointment.
- All patients **must wear sleepwear** – preferably cotton.
- The sleep test is an **outpatient procedure**. Please be advised **staff can not give out any medication**. You will need to bring any medication that you usually take at night or early morning. Daily medications should be taken the same as usual unless otherwise directed by your physician. If you have any questions regarding your medications, please consult your physician prior to your appointment as the Sleep Center staff cannot answer any medication questions.
- Male adults, please shave facial hair during the day of your sleep study for wire application purposes.
- Please **remove or do not** apply colored nail polish to finger nails on the day of your study. **Do not wear artificial nails or extenders**. Extenders may include, but are not limited to: acrylics, tips, appliques, crystals, gels, wraps and any additional items applied to the nail surface.
- Shower and shampoo your hair the day you are coming to the Sleep Center.
- **DO NOT** apply any hair products such as hair spray, gel, mousse, oil, grease, or body lotion on the day of your study. Preferably do not wear weaves or extensions.
- Have a sensible dinner prior to arrival. Our facility does not provide dinner, but we do provide a light breakfast which consists of items such as bagels, donuts, cereal, yogurt, and fruits. (If there is any dietary requirement you may need, please inform Sleep Center prior to your appointment.)
- **DO NOT** eat chocolates or drink coffee, alcohol, soda, or any other caffeinated items during the day you are scheduled for your test.
- **DO NOT** smoke during the day of your study. Please consult your physician for a nicotine patch, if required.
- **DO NOT** nap on the day of your scheduled sleep study. If the patient is a child, please refrain from late afternoon naps.
- You may bring your own pillow or comforter to sleep with during the study. Please be advised for testing purposes only one pillow is allowed.
- You may bring reading material.
- Please leave all non-essential valuables at home. We are not responsible for any missing or lost items.
- During your stay you are provided with your own private bedroom and bathroom. The room is equipped with a television, VCR, mini refrigerator, armoire to place your personal belongings, a queen size bed, local telephone access, and data port/wireless internet access.

- Upon arrival to the sleep lab, the technician will show you to your room. Expect the following:
 - A short introductory video explaining the sleep study procedure, what is sleep apnea and its treatment [continuous positive airway pressure (CPAP)], and also what the technician does is shown. If you have any further questions, you may consult the technician in regards to the procedure. Please be advised technician can not disclose your test results. You will need to make a follow up appointment with your physician receive your test results.
 - There will be additional paper work that needs to be filled out prior to and after your study. It is very **important** that you please take the time to **fill out all the information completely** in your questionnaire including the packet you received through the mail. If you did not receive the packet through the mail or forgot the packet at home, please inquire with the staff on duty to give you a new packet at the time of arrival.
- You may encounter additional waiting time while your technician is preparing for your sleep study. **Please be patient.** Use this time to relax and unwind. You may watch television, read, etc.
- The placement of the wires usually takes about an hour.
- Please be advised that the cleaning preparation done prior to placement of the electrodes may be a bit abrasive. For sensitive skin, it may feel like someone is scratching you or like sandpaper being rubbed against your skin. Also the areas cleaned may turn red which will disappear after some time. Please inform your technician if you have sensitive skin prior to hook up.
- Please be advised that there will be residual cream left in your hair in the morning which can be easily washed off with warm water and shampoo.
- **All patients are usually in bed by 11:00pm and awakened by 5:30am to 6:00am.** This is to ensure that sufficient data is acquired so that proper & effective treatment can be achieved. If you are a night shift worker, please notify the sleep center to make arrangements for your study to be conducted during the daytime.
- Please be advised that when the study is started, our protocol is **lights out and no television.** All electronic items such as cell phone, laptops must be completely turned off as this interferes with our sleep equipment. Also we try to practice and adhere to good sleep hygiene.
- Please be **ADVISED** the Sleep Center **closes** at **7:00AM**. If you have an earlier or later bed time/ wake up time, please notify the Sleep Center in advance so special arrangements can be made to accommodate you.
- **FREE PARKING** is available as of April 1, 1009. Please follow directions enclosed with this packet for specific instructions to **“Sleep Center Parking”**.

NOTE:

- ❖ *For patients under the age of 15 or individuals with special needs, please be advised that a parent, guardian, or personal assistant **MUST** stay overnight with the patient during the sleep study process. Please be advised only one person is allowed to stay.*
- ❖ *The Kazmir Center for Sleep Disorders cannot provide personal hygiene or medical care outside the compass of the Sleep Disorders testing.*
- ❖ *Please be advised if you are undergoing the Multiple Sleep Latency Test (MSLT), you **MUST** have someone drive you to and from the facility.*