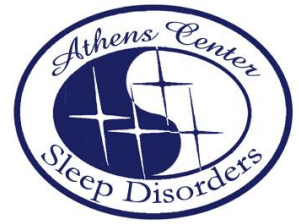


NIGHTTIME SLEEP TEST



Please note the following information to help you in preparing for your sleep test:

RULES WE MUST FOLLOW:

- Please **DO NOT SHOW UP LATE** for your scheduled test time.
- **ONLY PATIENTS** will be allowed in our building during sleep studies. Family/ friends are not allowed to stay the night.
- There can be **no use of tobacco** products during the course of your test.
- Due to security purposes, once patients are checked in for their sleep study, patients **are not allowed to exit** the building at any time.

HOW TO PREPARE:

- **Eliminate all caffeine** consumption after 12:00 (noon).
- **Please eat dinner and shower before arriving.**
- Please do not use any lotions on face or legs, though hands and feet are permissible.
- **Men**, if you normally shave your face in the morning please shave that afternoon or evening. If you have a beard, mustache, or goatee we do not require you to shave them- only what you normally shave.
- **Women, please remove makeup or facial moisturizers prior to testing. Also dark nail polish if convenient.**
- Your **hair must be free** of gels, conditioners, or hair spray.
- If you need transportation please make prior arrangements for them to pick you up. We are not able to provide transportation.

WHAT TO BRING:

- In order to correctly record nighttime signals during your test, please wear loose comfortable pajamas.
- Remember to bring all night time medications with you, including any PRN medications you might use.
- You may also bring any of the following personal items that may help you feel more comfortable during your stay; toothbrush, pillow, something to read. We do not have Wi-Fi.

WHAT TO EXPECT:

- Obligatory lights out is at 10:30 P.M. (Center Policy). This includes TV and cell phones.
- **Your test will be completed around 6:00 -6:30 a.m.**
- **You will be able to leave around 6:30-6:45 a.m. (If someone else is picking you up, please make sure they are here by 6:45 a.m.)**

If you are unable to keep your appointment, please contact our office at least 24 hours prior to you test. We are looking forward to seeing you the night of your test. If you have any questions regarding your appointment please call (903) 675-1717.

AFTER YOUR SLEEP TEST:

- If you are scheduled for 2 tests, you will not be called between tests, unless the second one is canceled by our staff.
- For your follow up appointment you will see the Nurse Practitioner, Mrs. Cynthia Nixon
- If you are treated with PAP therapy, we have a **mask loaner program** for your convenience