



Phone: (214) 466-7222 option 3

Fax: (214) 466-7220

WHAT YOU NEED TO KNOW... ABOUT YOUR SLEEP STUDY

PLEASE KEEP YOUR APPOINTMENT: A room has been reserved for you. As a courtesy, if you are unable to keep your reservation **please call us at (214) 466-7222 option 3** so we may fill that opening with another patient. We must hear from you by noon the day before your study – **if you do not confirm the appointment or cancel after that time, you may be subject to a \$250 no show fee.**

ARRIVE AT 8:00 PM: The outside doors lock at 9:00 pm, so don't be late! If you are running late, or if you get lost, **please call 214-466-7222 (DALLAS = EXT. 109, HEATH = EXT. 206, PLANO = EXT. 402. This is a nighttime phone line only, no one will answer it during regular business hours.**

PLEASE HAVE CLEAN & DRY HAIR: The technologist will be attaching a few sensors to your scalp to record brain waves, stages of sleep and eye movement. Your hair must be clean, dry, and free of any hair products. Please let us know in advance if we will not have access to your scalp.

FOR FEMALE PATIENTS: Please refrain from makeup, creams, lotions, acrylic or nail polish on your index finger for the evening. No tights or leggings, loose fitting pajama pants or shorts.

PLEASE BRING SLEEPING CLOTHES: There will be other patients testing in the center that night and out of courtesy to all, we request appropriate sleep clothing. **For testing purposes female patients will want to wear a separate top and bottom as opposed to a gown.** Also, feel free to bring your own pillow. Extra blankets are available upon request.

PLEASE CONTINUE TAKING YOUR MEDICATIONS: Unless otherwise instructed by your doctor, continue taking your medications – including any prescribed sleep aid. Avoid antihistamines (i.e. Benadryl), if possible.

FEEL FREE TO BRING A SNACK: There is a small refrigerator and microwave available, but please... **no caffeine before bed!**

IN THE MORNING: **Reminder this is MEDICAL TESTING our staff will wake you up to be released in the morning. Any type of alarm is prohibited, this may disrupt testing. Please plan arrangements w/employer, school, ETC. prior to testing. Sleep studies will generally end at 6am. They may need to be extended beyond 6am so be prepared to stay until 8am. There will be a washable residue left in your hair.** We do have a shower at the facility, and you are welcome to take a shower prior to departure.

QUESTIONS OR CONCERNS: Feel free to call the office between 8 am and 4 pm Monday thru Friday at 214-466-7222 option 3, the sleep department. There you will reach Andrea who can assist you.