



Patient Instructions – Sleep Study

Preparation Before Testing

1. Wash your hair the night before or the morning of your sleep study
2. Avoid using hair products the day of the study. If this is not practical, please wash your hair when you arrive.
3. Arrive without make-up, if possible. If this is not practical, please wash your face to remove makeup when you arrive.
4. Acrylic nails and/or nail polish should not be worn to your study.
5. Unless you have a beard, please be clean-shaven. If you have a beard, we can work around it, but beard stubble is very difficult to work with.
6. Hairpieces and wigs must be removed. We must be able to get to your scalp to do the test.

On the Date of Testing...

PLEASE DO:

1. Bring all your medications, insurance card(s), and ID or TXDL
2. Bring your own sleepwear (No silk clothing) and your own pillow if you wish. Plan for comfort.
3. Bring any medications that you will need to take between the hours of 7.30pm 7 7.30am and continue to take all your medications according to your doctor's instructions.
4. Eat dinner before reporting for appointment.

PLEASE DO NOT:

1. Take any naps
2. Drink caffeinated beverages after Noon
3. Sleep past 9.00am on the day of your test
4. Drink any alcoholic beverages.

The above instructions are in place to prevent any interference with test results.

Accommodations: Private sleep rooms are provided for your comfort and convenience.

Going Home: You will be awakened at 6.00am the next morning. You may leave as soon as you are ready to go. Checkout time is at 6.30pm at the latest.

Guests: Adult family members are welcome and encouraged to be present for the educational portion of the study. We discourage anyone from staying over-night. However, if you require the help of a personal care assistant due to a disability, we will be happy to have your PCA stay with you. If you feel it is necessary to have someone stay with you, please call Sleep & Weight Institute of Texas 281.667.9289

Important Questions: Call us at 281.667.9289

If You Need To Reschedule or Cancel Your Study:

It is important that you arrive on time. If you know you will be late, please call Sleep & Weight Institute of Texas on 281.667.9289. **If you do not show up for your scheduled appointment or cancel within 24 hours of your scheduled appointment, you will be charged a \$25.00 no-show fee.**