



## Patient Instructions

Name: \_\_\_\_\_

Our goal at Z MD Sleep Center is for your sleep study to be a comfortable and worry free experience. We have developed this set of instructions to assist in answering some common questions. If you have any additional concerns or questions feel free to call our staff at any time.

1. Your appointment for a sleep study is on \_\_\_\_\_ at \_\_\_\_\_ p.m.
2. **Please arrive as close to your appointment time as possible.** A late arrival may prevent your sleep study from being performed. If you anticipate being late, **please call (530) 232-3017, if it is after 5p.m.** on the night of your appointment. **Otherwise, if you need to cancel or reschedule your Sleep Study please call (530) 232-3000.** The Technicians arrive at 7:30p.m., prior to which the facility is **CLOSED**. We are unable to accommodate early arrivals.
3. Please bring your Sleep Questionnaire to your sleep study appointment.
4. A small night bag containing your personal effects should be packed. Remember to bring **ALL** medications that you will need (or may need) during the sleep study.

**Don't forget to pack personal toiletries including toothbrush, toothpaste, and any other personal essentials.**

Please bring comfortable nightclothes. Two-piece pajamas or comfortable shorts with a T-shirt are recommended. **A single piece long nightgown will make performing the test difficult, and should be avoided.** You may wish to bring night slippers &/or slip on sandals for the shower. If you have any additional questions regarding recommended attire, feel free to call our office staff prior to the scheduled test.

5. All bedding will be provided. Please feel free to bring your favorite pillow or blanket, should you desire.
6. Please **DO NOT USE CAFFEINE OR ALCOHOL after 12 noon on the day of your study**, unless your physician directs you otherwise.
7. **DO NOT stop any medications for your sleep study, unless directed by your physician.** If you take medications to help you sleep, your doctor may or may not want you to continue these medications during your sleep study. Please discuss this with your physician prior to your appointment.



8. We ask that you put your cell phone ringers and alarms set to off (Silent or Vibrate) as to not wake the other patients in the lab.

9. The sleep study hook-up procedure may involve some waiting. Feel free to bring a book or magazine to help pass the time. A television is available in each room.

10. **Most sleep studies are concluded sometime between 5a.m. and 7a.m.;** depending on your appointment time. Following disconnection of the diagnostic equipment, and a post-sleep study questionnaire, you may depart the center shortly thereafter.

10. Your personal safety, both during and after the sleep study is our highest priority. If you feel, at the conclusion of your sleep study, that you may be too tired to drive home safely, please notify your technologist. They will assist you in making alternate transportation arrangements.

11. Please arrive at the center with clean, dry hair and skin, free of any styling products. **NO lotions, oils, powder, or spray tans on the body.** NO reflective or thick, or dark nail polish (if possible). Deodorant is okay and is encouraged.

Adherence to this will facilitate placement of the EEG (brain wave) electrodes on your scalp.

12. **Males Only:** The quality of the digital recording will improve if you shave immediately prior to coming to the sleep laboratory. **This does not apply to those of you with full beards or mustaches.**

13. **Patients under 18:** We require a parent or legal guardian to be present during the entire sleep study. Please discuss sleeping arrangements for the adult chaperone with our sleep center staff ahead of time.

14. If you require supplemental oxygen, have any specific medical needs or problems, or if you are mobility impaired, please discuss this with our staff in advance of your sleep study, so that we may be better prepared to meet your needs.

15. **If you have any additional questions please DO NOT hesitate to contact our staff Monday thru Friday from 9a.m. to 5p.m. at (530) 232-3000.**