



PATIENT INSTRUCTIONS FOR OVERNIGHT STAY

CANCELLATION OF SLEEP STUDY:

Please call (256) 386.4191 **24** hours prior to appointment.

PRIOR TO ARRIVAL:

- Do not drink any beverages that contain caffeine the afternoon and evening of the sleep study. This will include: tea, coffee, chocolate, soft drinks or any beverage that may contain caffeine.
- Wash hair before coming to the Center. **Do not put any creams, lotions or oils of any type on your hair, face or body.** No hair pieces, weaves or braids etc, as these interfere with the application process.
- **Leave all valuables at home.** The center **will not** be responsible for lost or misplaced items.
- PLEASE FILL OUT ALL FORMS MAILED TO YOU PRIOR TO YOUR ARRIVAL.

QUESTIONS concerning insurance coverage

- Call the customer service number on back of your insurance card or Helen Keller Hospital Business Office at (256) 386.5953.

MEALS:

- Meals are not provided at the center, so please **make arrangements to eat your evening meal before arriving.** The hospital cafeteria is available for breakfast, lunch and dinner. Lunch will be provided for those scheduled for a daytime study.

WHAT TO BRING:

- Any medications that you will need during the hours of your study. Follow your physician's orders regarding these medications.
- Any items necessary to make you comfortable for your stay.
- Personal toiletry items (toothpaste, toothbrush, comb, brush, shampoo)
- Comfortable clothes (sweat suit, pajamas , etc.) if scheduled for testing the next day

SLEEPING ATTIRE:

- Two piece, loose fitting sleeping attire to aid in the application procedure
- **NO SILK or NYLON PAJAMAS.** Please try to wear something made of cotton. Cotton T-shirts and shorts are acceptable.
- You **must wear undergarments** during testing. Men may wear shorts over undergarments.

GENERAL INFORMATION:

- All cell phones must be turned off during testing. Family may call the Sleep Center if an emergency arises.
- The center is a **SMOKE FREE** facility. Smoking and vaping are not allowed.

TIMES TO BE AWARE OF:

- **8:30 PM:** If you are **not at the center by this time** (for night studies) and have not contacted the Center, we will assume you not coming. Your **appointment will be give to another patient unless prior arrangements have been made for late arrival.**
- **10:00 PM: LIGHTS OUT!** Please be on time for your study. If there is any reason you may be late, please contact the Sleep Center at (256) 386.4191 as soon as possible.
- Please let your technician know if you must be up at a specific time following testing.

If you have any questions or concerns about your care, treatment and the services at the Sleep Center please feel free to contact us at (256) 386.4191.