



**NORTH ALABAMA SLEEP DISORDERS CENTER
PATIENT INSTRUCTIONS FOR OVERNIGHT STAY**

1. Please do not drink any beverages that contain caffeine the afternoon and evening of the sleep study. This will include: tea, coffee, chocolate, soft drinks with caffeine and any beverage that may contain caffeine.
2. Bring any items necessary that will make you comfortable for your stay at the Center. Bring a two piece, loose fitting, sleeping attire to aid in the application procedure. Also, please bring any toiletry items you may need. If you are scheduled for testing the next day, bring comfortable clothing to change into for the test. Example: sweat suit, pajamas, etc.
3. Meals are not provided at the center, so please make arrangements to eat your evening meal before arriving for you study. The hospital has a cafeteria that is available for breakfast, lunch, and dinner. Lunch will be provided for those who are scheduled for a daytime study.
4. Please bring any medications that you will need during the hours of your study and follow your physician's orders regarding these medications.
5. Please wash your 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, braids, etc., as these interfere with the application procedure.
6. Leave all valuables at home. The Center will not be responsible for lost or misplaced items.
7. The Center is a smoke free facility, therefore smoking or vaping is not allowed.
8. All cell phones must be turned off during testing. Family may call the Sleep Center if an emergency arises.
9. Bring all completed forms, insurance information, etc., with you when you come to the Center. Please fill out any forms mailed to you prior to your arrival time.
10. The Center designates 10:00 p.m. as "lights out". So 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.
11. If you cannot come for your study, please call (256)-386-4191 24 hours prior to your scheduled appointment!
12. If you have any questions about your insurance coverage, please call the number on back of your insurance card or Helen Keller Hospital Business Office at 256-386-5953.
13. Please let your technician know if you must be up at a specific time following testing.

******If you are not at the Center by 8:30PM, (for night studies) and have not contacted us, we will assume you are not coming and will give your appointment to another patient, unless prior arrangements have been made for late arrival.**

******No silk or Nylon pajamas. Please try to wear something that is made of cotton. Cotton t-shirts and shorts are acceptable.**

******You must wear undergarments during testing. Men may wear shorts over undergarments.**

If you have any questions or concerns about your care, treatment, and the services at the Center please feel free to contact us at 256-386-4191.