



7420 Guthrie Dr. North, Suite 101
Southaven, MS 38671
Phone: (662)349-9802 Fax: (662)349-9810

Name: _____

Appt. Date/ Day: _____

Second study is scheduled : _____

PATIENT INSTRUCTION SHEET:

1. Do not consume any caffeine after 12 pm on the day of your test.
2. Do not consume any alcoholic beverages prior to testing.
3. Do not take any naps on the day the sleep study is scheduled.
4. Bring sleepwear such as gowns, pajamas, sweats or shorts, and t-shirt.
Do Not Wear Nylon. (Cotton is preferred)
5. Bring a pillow if desired.
6. Please leave all valuables at home.
7. Please bring a list of all medications.
8. Bathe and wash hair prior to arrival. Make sure that hair is free of any gel, oil, or hair spray. (No Wigs) If you have extensions, we will try to work around them.
9. Remove all oils and perfumes.
10. Remove nail polish from the index fingers and thumbs.
11. There will be adhesive used on the chest, rib cage, and legs. If you have an abundance of hair in these areas, please ask for instruction on removal to lessen painful pulling.
12. We will be using a form of paste and tape to adhere to the leads of head, face, and chin. Please inform the technician if you have very sensitive skin.
13. The door to the building will be locked upon arrival. Press the "call" button on the black box beside the door and you will be let in.
14. Please call the sleep lab as soon as possible if you need to cancel, reschedule, or if you have any questions regarding your sleep study

