

What we feature:

- Adjustable Queen size beds
- Netflix on flat screen televisions
- Beautifully tiled full bathrooms with modern showers (handicap accessible)
- Well insulated (sound dampening) bedrooms
- Safe and quiet locations
- Plenty of parking space

Patients, for a great experience in a home like setting please note the following

- If possible shower prior to coming in (this will help with application of electrodes)
- Prior to coming in you may eat a normal dinner (no alcohol or caffeine)
- Refrain from drinking alcohol the day of your study (you can and will be turned away if the sleep technologist senses you may be tipsy or drunk)
- Refrain from caffeine after 2:00pm on the day of your study (this includes decaf products)
- Wigs / weaves / hair pieces / or anything foreign covering the scalp should be removed prior to coming in as we will not be able to apply electrodes directly to the scalp.
- For males, if possible please shave by the beard area (this can be tough to apply electrodes to the chin and masseter area when there is too much hair)
- Refrain from bringing any food, drinks, or coolers to the clinic
 - Exceptions are for when it is medically necessary, such as diabetics that need food
 - You will have access to a refrigerator/freezer if needed
- Refrain from bringing any pets into the clinic
- Do not wear silk, satin, or nylon – they can cause static and may interfere with the study
- Patients may bring a spouse, friend, or loved one with them to the clinic, but they will have to leave after the setup phase (usually 1 hour after arrival).
 - **Exceptions are for patients under the age of 18 (a parent or guardian must stay the entire session)**
 - **Exceptions include disabled, partially or fully handicapped patients that need a care giver or nurse aid, whom must stay the entire session**

What we provide:

- Pillows
- Blankets
- Towels (full bath towels)
- Tissues
- Bottled water (upon request and as many as you would like)
- To-go coffee in the morning after your sleep study

Patients please bring the following:

- Photo ID

- Sleep forms pre-filled out (saves time when coming in if you download off our website prior)
- Current medical insurance card/s (multiple if you have a secondary)
- Any test results such as previous sleep studies or other relevant tests
- Financial amount due (co-pays, coinsurance etc.)
- Prescribed medications
 - Unless the doctor has told you to refrain from medications prior to a sleep study
- If needed (patients that have trouble sleeping in new environment or patients with anxiety), please pick up an over the counter sleep aid at any pharmacy and do **NOT** take prior to arriving at the sleep lab. You may also your doctor to prescribe a sleep aid.
- Loose fitting pajamas (shorts are fine) as we attach electrodes on the body
- If preferred, shower slippers
- Pillow or blanket from home (for those that are most comfortable with their own items), if not we provide said items

Please arrive between 8:45pm and 9:00pm (unless instructed otherwise by the scheduler). If by 9:15pm you are not in the clinic, we will attempt to contact you. If you are lost or an emergency situation has come up, please call our clinic as soon as possible. We initially ask that you try and sleep on your back. If not possible, you may turn to either side to sleep. Your study will end between 5:00 am and 5:30 am. Please have some type of transportation. If you are not bringing your own car, please arrange for your ride to be at the clinic by 6:15am. We typically close up by 6:30 am. Patients have the option to shower in our facility in the morning (post study). If you plan on doing so, please inform the sleep technologist at night prior to falling asleep (so the sleep technologist can get you up at the appropriate time).

PLEASE NOTE:

If you are scheduled and confirmed for your study, but do not show up, management can charge a no-show fee of up to \$300.00

If you have to reschedule less than 24 hours prior to your study time, there may be a rescheduling fee