

NAME: _____

Your sleep study appointment has been scheduled for _____

Please arrive at the sleep center at _____ on the above noted date.

To insure optimal results please adhere to the following instructions on the day of your test.

1. Do not drink any caffeine/decaffeinated beverages such as coffee, tea or cola products (i.e.: Coke, Pepsi, etc.) **AFTER 12 NOON ON THE DAY OF YOUR STUDY.**
2. Do not drink alcoholic beverages including beer or wine **AFTER 12 NOON ON THE DAY OF YOUR STUDY.**
3. Take your usual medication, if any, on the day of the test. If you usually take medication before bed, you may bring it with you to take before your sleep study. It's okay to bring a sleeping pill if you usually take it every night at home.
4. Before you arrive at the sleep center shower/bathe and shampoo your hair. Do not use any conditioner on your hair after shampooing as this will prevent proper adherence of the electrodes. Please do not use any skin creams or makeup.
5. Bring nightclothes (nightgown, bathrobe, slippers, etc.). **NIGHT CLOTHES MUST BE WORN AT ALL TIMES DURING YOUR SLEEP STUDY.**
6. Bring any items you will need for the morning (i.e.: Toothbrush/toothpaste, razor/shaver etc.). We will supply fresh towels and soap. **PLEASE NOTE THAT WE DO NOT HAVE SHOWER FACILITIES.**
7. You may bring your favorite pillow if you wish.
8. If you need to wake before 6:00am on the morning following your study please let the Sleep technician know before retiring.
9. VACAVILLE SLEEP CENTER ONLY - The interior doors to our building lock after 6pm. Please push the **REM button** that is located to the **left** of the second set of doors to talk to the technician. We will remotely unlock the door for you.
10. MARIN SLEEP CENTER ONLY – Ring **“Night Bell”** located on right side of exterior door and a sleep technician will greet you and show you to the bedroom where you will be sleeping for your study.
11. NAPA SLEEP CENTER ONLY - When you arrive at the sleep center on the night of your study please make your way to the second floor, using the elevator.
12. If you have any questions prior to your sleep study please feel free to call - **WE ARE HERE TO HELP!**
13. We are a fully ADA compliant facility and as such are equipped to accommodate most physical disabilities. If you are disabled and need special accommodations please let us know in advance so we make your transition in and out of the sleep center appropriate as necessary.