



YOUR SLEEP APPOINTMENT IS ON: _____ at 7:30 p.m., PLEASE BE ON TIME

- ❖ **IMPORTANT: A technician has been scheduled to work on the night of your study, please allow a minimum of 24 hours for rescheduling or cancellations. There is a \$100.00 “no show” fee if you fail to keep your appointment without any notification.**

Patient Signature

Your study will be performed at 13181 Old Nashville Hwy, Suite 150 in Smyrna.

Please arrive by 7:30 P.M. on the night of your scheduled study. Once you arrive at the Sleep Center **please ring the doorbell** and your technologist will promptly greet you. On the night of your study, if you have any problems finding the sleep center or have questions please call: **615-355-5105 or 615-691-1185**

- ❖ **What to expect:**

There is absolutely no pain involved for the patient: The sleep center is equipped with individual bedrooms with private bathrooms and TV for your convenience. You will be asked to fill out a few questionnaires and consent forms prior to the technologist preparing you for bed. A host of small wires and electrodes will be attached to the head, chest, legs, and face to monitor various parameters throughout the night. Most people don't find any discomfort with the electrodes or wires.

- ❖ **What to bring:**

Please bring normal toiletries for an overnight stay. Bring something comfortable to sleep in such as sweat pants, shorts and a t-shirt or normal bedtime attire. If you like you may bring your favorite pillow to sleep with. **MEN**, it is best to be fresh shaven and please sleep in a t-shirt or something similar due to the chest belts that will be applied. Most any conservative sleep wear will work.

Please bring **all** the medications that you will need to maintain you through the length of the stay. You may need to list all medications that you will be taking including the dosage and frequency. If you already have a list of your medications please bring it with you. We will be happy to make a copy.

- ❖ **ON THE DAY OF YOUR STUDY PLEASE DO THE FOLLOWING:**

1. Wash and dry your hair. **Do not use body oils, lotions, hair spray, or gels.** **LADIES**, please use a minimum amount of makeup and please remove any nail polish from your right or left pointer finger. Clear acrylic nail may have to be removed if a signal cannot be retrieved. **MEN**, please have a fresh shave just prior to arriving, if you have a beard or go-tee please shave all areas with stubble.
2. Please remain awake all day, if possible. Please eat before arriving and avoid foods that may make your sleep more difficult. **No alcoholic beverages please.**
3. Bring your insurance cards with you. We sometimes need to copy your card again for various reasons.
4. We request that no family members or guests stay with you during the test. Only in cases of small children or someone with special needs, or minors will this be permitted.
5. You will normally be ready to leave the next morning by 5:00 – 6:00 A.M. This can sometimes vary depending on the study conditions. If an earlier wake up is desired or needed, please inform our technologist. If someone is picking you up, please have them arrive promptly.