



Patient Instruction Sheet

If you are unable to keep your appointment for any reason, please give us at least a 24-hour notice if possible. You can contact our lab at (401) 821-1896 at any time.

Week Prior To Testing:

- Complete Patient Sleep Diary

On The Day of Testing:

- Continue all medications as directed by your physician.
- Bring in all medications and respiratory equipment if prescribed for night hours or early morning.
- Eat dinner before coming in for your study (or before 7PM).
- Avoid alcohol and caffeine (coffee, tea, soda, and chocolate drinks).
- Avoid napping
- Take a shower and wash your hair before coming to the sleep lab. Do not use hair conditioner, hair spray, or skin lotions. **BE SURE HAIR IS DRY.** This will improve the quality of testing.
- Cellular phones may be used before and after testing. We ask that they are shut off during testing times to insure proper sleep.
- Wear comfortable sleep wear. Two piece pajamas or shorts and a T-shirt are preferred. Bring robe, slippers, and your own pillows if desired.
- Bring all personal hygiene items with you for your overnight stay (toothbrush, toothpaste, etc.).
- Pack a **light** snack/drink if you need one before bedtime.
- Females please remove dark nail polish from index finger only.