



\_\_\_\_\_,  
You are scheduled for an all-night sleep study at The Sleep and Breathing Research Institute on

\_\_\_\_\_.  
**Please arrive at the front door and ring the buzzer on the right side at 7:45pm. A technician will come and get you.** A map is enclosed to help you find your way to the institute from any direction.

At arrival, your technician will greet and show you to your room so that you may change into your nightclothes and become acclimated to your surroundings. Preparation for your sleep study will begin shortly, and will range from 45 minutes to 1 hour in length. A limited series of sensors will be arranged across your head and body in order to monitor breathing, leg movements, heart rhythms, snoring, and brain waves. **PLEASE NOTE:** A water-soluble adhesive will be used to attach sensors to your head and face, and will most likely require a thorough rinsing the next morning. Toiletries, hand towels, and wash cloths are provided for your convenience. **You will be ready to leave between 6:00am and 7:00am the next morning.**

**PLEASE BRING:**

- Comfortable **two-piece** sleeping attire with undergarments (i.e.-pajamas, sweats, shorts and T-shirt), robe, slippers, etc.
- Toiletries (soap and towels provided)
- Your own pillow (if desired, pillows are provided)
- A change of clothes for the next day (i.e.-work attire)
- A list of medications you take, dosages, and the times which you have taken them.
- Books, magazines, cell phone, or any other item to make your stay more comfortable (cable television provided). All items **MUST** be turned off at bedtime.

**PLEASE DO NOT:**

- Take any naps the day of the test.
- Consume **CAFFEINE** within 6 hours prior to arrival time.
- Consume **ALCOHOL** the day of the test.
- Take non prescription medications which may cause drowsiness, unless directed to do so by your physician.

**HAIR AND BODY CARE:** A thorough shower on the day of testing is recommended. Please make sure your hair is free of oil, mousse, gel, and spray. Your hair should be dry when you arrive. **SHAVE** as late in the day as possible.

**MEDICATIONS:** If you are taking medication, please bring medications in their original containers. **Do not discontinue medications for the sleep study unless instructed to do so by your physician.**

**CANCELLATION:** Please give a minimum of 48 hours notice of cancellation as the number of sleep beds are limited and we would like to give another patient the opportunity to schedule a study when an opening permits. No shows will be assessed a fee.

**If an emergency situation occurs, and you MUST cancel the night of the study, please call (614) 678-9869.**

Our facility is a *Non-Smoking Facility*. Thank You!