

SLEEP APNEA SPECIALTY CENTER OF MICHIGAN

INSTRUCTION SHEET

Our goal is provide the best evaluation of your sleep patterns. Your cooperation with the following instructions is appreciated.

1. Please report to the Sleep Apnea Center at **8:45 p.m.** on the night of your test. Bring your insurance card, picture I.D., completed questionnaire (which was sent to you in the information packet), and the insurance referral, if applicable.
2. You can expect to be here **between** the hours of 8:45 p.m. and 7:30 a.m. the following morning. However, depending on the preliminary results of your study, day naps may be indicated. Please make arrangements to stay until 3:00 p.m. in the event this is necessary. For your convenience, there is a refrigerator and microwave available for snacks/meals brought from home.
3. Wash and dry your hair prior to arriving to the Sleep Apnea Center. Do not use conditioners, hair spray, hair creams, etc. Unbearded men should shave, as this improves the quality of the tracings. Women should refrain from wearing makeup.
4. Bring your usual nighttime sleeping attire (pajamas, nightgown) and toiletries. You may also bring your robe, slippers, and pillow. Patients will not be permitted to sleep in only their underwear. Because you may be asked to stay for the daytime portion of the test, please wear clothing that can button or zip up the front. (No T-Shirts, sweatshirts, etc., that must be pulled over the head). You may also wish to bring books or magazines to help pass the time between tests.
5. Try to maintain your usual daytime schedule. Avoid any unusual physical exercise or heavy meals. **DO NOT TAKE NAPS** if possible on the day of your test.
6. This is an outpatient facility and nursing care is NOT provided. Each individual is responsible for bringing and administering their own medications. Furthermore, to ensure quality testing, it is **imperative** that you notify us before you come in for your study if you have any special medical needs. *****
7. Avoid alcoholic beverages on the day of your test.
8. Avoid caffeine on the day of your test. This includes colas, coffee, tea, and chocolate.
9. There is no smoking permitted in the Sleep Apnea Center.

*******Anyone requiring help with taking medications, mobility, or bathroom needs MUST be accompanied by a caregiver who will be required to stay with the patient.**