

Date: \_\_\_\_\_

Patient's name (please print clearly) \_\_\_\_\_

### Handout for Sleep Study Patients

My name is John Matamoros; I will be conducting your sleep study. Here are a few things I am going to need you to do before you come to see me and things you need to bring with you the night of your study. Please arrive about 10 minutes before your appointment because there is paperwork for you to fill out for me. If you need to be up and gone before 6:00am make sure you take the 9:30pm appointment. If you do not care what time you wake up, please make your appointment at 10:30pm. The latest I have people here is usually 7:00am so if you typically sleep later be prepared to be up early. In a very rare situation where you don't fall asleep within 4 hours of the study start. I will let you go home and we will try again another night.

Please bring something conservative and comfortable to sleep in and if you want your own pillow or blanket bring them. Usually what you wear when you sleep at home is fine. I am trying to make this as comfortable as possible for you. You may bring something to read to help you fall asleep. Please take all your medications before your study except sleep meds, you can take those here. If you take sleep meds every night please bring and take them the night of your study. Let me know what you are going to take. **DO NOT** take sleep aids if you don't take them every night just so you can sleep here. I need your first night to be as close as possible to your nights at home. I will be placing wires all over your body including your hair. We want you to shower before you come to your study, but please be sure that your hair is completely dry. Please do not put any skin lotion products on and do not have any hair products in your hair. It is very important to take a good hot soapy shower before you come to make sure all the grease and oil is off your skin so the leads will stick. For African Americans who put oil in your hair please wash it out and make sure your hair is completely dry before your appointment. My leads will not stick if oil is present. Trust me I learned the hard way.

**Males** please make sure you are clean shaven, if at all possible. If you have an old (long) beard I will try and work around it, however, please be prepared that I may need to shave 3 small spots in your beard area.

**Females** need to wear their hair down and it must be dry. Please have your make up washed off. You can wash it off here if need be. This helps the wires stick to your face and makes the hook up process go faster. PLEASE do not show up with wet hair. I cannot do your study with wet hair. If you want to sleep in your bra you can. I will be putting two instruments belts on you; one under your breasts and one on your stomach. **IF YOU PREFER TO BRING A SPOUSE OR A FRIEND PLEASE FEEL FREE TO DO SO, THEY CAN SLEEP WITH YOU IN THE SLEEP LAB OR WE CAN ACCOMMODATE THEM TO SLEEP IN THE LOBBY.**  
**PEDIATRICIAN PATIENTS A LEGAL GUARDIAN OR A PARENT MUST BE PRESENT WITH THE CHILD BELOW 18 YEARS OF AGE ALL NIGHT IN ORDER TO CONDUCT THE SLEEP STUDY.**

For present CPAP/BIPAP patients who are returning to retitrate & update the pressure needed for Medicare or insurance requirements PLEASE bring your present mask. I ask this because I will check it to make sure it is in good shape. If you like your present mask we will use

it during your study. If you are coming in for a combined sleep study & MSLT study you will be here for approximately 20 hours so please bring comfortable clothes for the day portion of the studies.

**IF YOU NEED TO CANCEL YOUR SLEEP STUDY APPOINTMENT PLEASE CALL AT LEAST TWO COMPLETE 24 HOUR BUSINESS DAYS MONDAY-FRIDAY PRIOR TO THE APPOINTMENT OR THERE WILL BE A \$300.00 LATE CANCELLATION CHARGE. IF THERE IS A TRUE DOCUMENTABLE EMERGENCY PLEASE LET US KNOW AS SOON AS YOU CAN, OF COURSE THERE WILL BE NO CHARGE FOR CANCELLING UNDER THIS CIRCUMSTANCE.**

Sleep Lab Personnel's Signature \_\_\_\_\_

Patient's Signature \_\_\_\_\_