

## PATIENT INSTRUCTIONS FOR SLEEP STUDY

Thanking you for choosing Respite Sleep Diagnostic Center at The NeuroLife Consortium for your sleep study. Your health and comfort during your stay is a priority to us. We are committed to ensuring that your experience and results are of the highest quality.

This is an overnight test and you will be released between 5:45 am and 6:00 am. If you require an earlier wake up time, please let your technician know.

### The day of your sleep study:

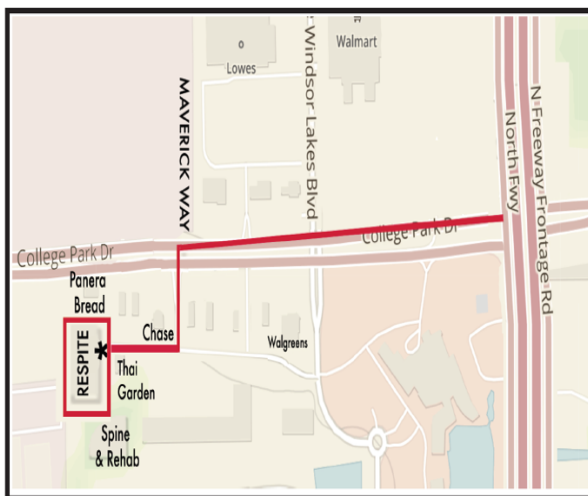
- Please wash your hair prior to coming to the sleep center.
- Do not use hairspray, crème rinses, mouse, styling gel or conditioner.
- Do not apply makeup or lotion.
- Do not take any naps during the day of your study.
- Do not drink alcoholic beverages or foods containing caffeine for at least four hours prior to your test.
- **If you take a regular sleep aid, bring it with you.** You may take your regular sleep aid once you have been instructed to do so by the technologist performing your study.
- **Please take your other regular nighttime medications prior to arriving** for your sleep study. If you are diabetic, please bring your supplies and medications with you.

### Include the following items in your overnight bag:

- Loose fitting, overnight attire, preferable a two-piece garment (no silk or satin).
- You may bring your own pillow if you prefer.
- Bathroom and shower facilities are available for your convenience. We provide a wash cloth and towel, however, please bring any toiletries that you may need.
- Feel free to bring reading materials with you.

If you have any questions or need help with directions, please call 936.213.0135.

### DIRECTIONS:



GPS often does not locate Respite's physical address appropriately, please enter Panera Bread's address (next door) for the best route:

**3113 College Park Drive, The Woodlands, TX 77384.**

#### Directions from I-45:

Go West on College Park Drive. Turn left at the 2<sup>nd</sup> light by Chase Bank. Turn right at the stop sign and you will see College Park Medical Plaza II straight ahead (just left of Panera Bread).

Park at the glass double doors on the side entrance near the back right corner of the building (adjacent to Panera Bread drive through). \*\*\*Call 936.213.0135 when you arrive and your sleep technician will meet you as all doors remain locked after hours. "We'll leave the light on for you!"