

What to Do the Night of Your Sleep Study

1. **DO** keep your sleep lab appointment as scheduled. Otherwise, please call scheduling @ 785-452-6234 to make new scheduling arrangements.
2. **DO** continue taking all medications as ordered by your physician
3. **DO** bring insurance card(s) and a photo ID to be copied for our records
4. **DO** shave, bathe and wash & dry hair the day of your appointment
5. **DO NOT** use hairspray, gels, mousse, etc. prior to your appointment
6. **DO** remove lotions and fingernail polish
7. **DO NOT** consume any caffeine or caffeinated products (coffee, soda, tea, chocolate) at least 12 hours prior to your sleep study
8. **DO NOT** consume alcohol the day of your sleep study
9. **DO NOT** nap the day of the sleep study
10. **DO** eat something prior to coming into the sleep lab – if you are diabetic you may want to bring snacks
11. **DO NOT** eat a large or spicy meal immediately before coming in (you may also want to reduce the amount of liquids you are consuming 2-3 before your arrival)
12. **DO** bring comfortable, two-piece (top and bottom) sleep attire
13. **DO** bring your own pillow and/or blanket if you want to
14. **DO** come prepared to turn cell phones off and remove watches prior to beginning the study
15. **DO** call us if you have any questions 785-452-7649 (sleep lab), we are here to help!

You will be able to get up and go to the restroom as needed.

No one is permitted to sleep in the bed with you. Call our office if you have concerns about where your spouse might stay during the sleep study.

During your study you may have some wait time while the techs are caring for their other patients. Feel free to bring reading material, books, magazines, etc.

The Sleep Lab Provides:

- *Linens (sheets, blankets & pillow(s))*
- *Towels, washcloths, toiletries (i.e., toothbrush/paste, comb, lotion, bar soap) upon request*
- *Television with built-in DVD player (please note: you will not be able to have the TV on during the study recording time).*