

DO'S AND DO NOT'S

To help us perform an accurate test, please read the following to be prepared for your sleep disorder testing dates:

DO:

- Take all of your usual prescription medications unless otherwise instructed by your doctor
- Bring all of your prescription medications in their original containers
- Make sure your hair and skin are clean and dry. Do not use hairspray, oils or gels.
- Eat before you arrive (continental breakfast and lunch will be provided during daytime testing).
- Bring sleep wear, your own pillow (if desired), toiletry items (showers are available), or a hat if you will not be showering.
- Bring this appointment confirmation letter with you to the test.
- Bring your CPAP/BiPAP machine, mask, headgear and tubing if you have been prescribed to use them at home.

DON'T:

- Take over the counter medications that may cause drowsiness or stimulation unless your doctor has ordered you to do so.
- Consume excessive amounts of caffeine on the day of the test.
- Consume any alcohol on the day of the test.
- Take any naps on the day of the test.
- Wear any makeup or nail polish.

For your comfort, a two piece outfit is best for sleeping (shorts and T-shirt, sweatpants and a top, or two piece pajama set). If you will be wearing long pants, the cuff must be able to go above the knee. If you are scheduled to stay for daytime testing, you may wish to bring reading material, needlework, your cell phone or office work (note that we DO NOT have modem hookup), etc. to help pass the time.