

Name: \_\_\_\_\_ Date/Day of Study: \_\_\_\_\_ Time of Study: \_\_\_\_\_

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You will be contacted to schedule an appointment for your **results** approximately 10-14 days after your study.



Dr. David Luterman, Medical Director: 214-824-8521 x115  
3600 Gaston Ave, Barnett Tower – Suite 801, Dallas TX 75246  
Main Office Number: 214-820-3200  
Monitoring Room Number: 214-820-8253

## ***NIGHTTIME INFORMATION***

**Q** *What should I bring with me to the Sleep Center?*

**A** Bring any articles that you would use for an overnight visit, including *toiletries* such as toothpaste and toothbrush, hairbrush, and shampoo. Bring *clothes* for the morning. If you need *reading glasses*, please bring them since you will be completing forms. A shower with soap, towels, and washcloths is available for your use. If you have a *special pillow or blanket* that you normally use at night, you may bring that. If you read before bed, you may bring reading materials, but you will not be allowed to read yourself to sleep in bed. Men should shave before reporting. If you have a beard, shave the bare areas of your face.

**Q** *What should I wear to sleep in during my stay in the Center?*

**A** Feel free to sleep in whatever clothing you usually wear to bed at home. However, you should avoid tight fitting sleepwear and sleepwear made of delicate fabrics such as silk or rayon. Two-piece apparel—a top with a separate bottom—is ideal. You should bring a bathrobe or other outer garment with you.

**Q** *Is there anything I should leave at home?*

**A** Do not bring valuable jewelry or large amounts of cash with you. If you bring a beeper, Blackberry, or cellular phone, it must be turned off during your study so that you are not disturbed during the night.

**Q** *Can I smoke tobacco during my evaluation?*

**A** For the health and safety of its patients and employees, Baylor is a NON-SMOKING facility.

**Q** *At what time should I come to the Sleep Center?*

**A** Please report to the Sleep Center at your scheduled time. This time is earlier than your usual bedtime, but this extra time is required to attach recording devices and to perform preparations for your study. Your time of arrival will be specifically discussed with you at the time you are scheduled.

**If you anticipate being late, please call the Sleep Center and let us know the approximate time of your arrival. The direct number to our monitoring room is 214-820-8253.**

**Q** *Should I take a shower, wash my hair, or shave before coming in for my evaluation?*

**A** It is important that your hair and skin are clean, so that the technicians can apply the electrodes for a good recording. DO NOT use hairsprays, moisturizers, or gels in your hair before you come in. It is also helpful if you wash your hair. DO NOT apply lotions or moisturizers to your skin before your study. If your skin and hair have these substances on them, it will be difficult to attach the electrodes.

If you have a hair weave or toupee in place, please remove it before your study since it will not be possible to attach the electrodes in the correct locations on the scalp. Also, dark fingernail polish may interfere with the signals from the probe which will be on your finger monitoring oxygen levels.

**Q** *Will you give me sleeping pills to help me sleep during my evaluation?*

**A** We do not give sleeping pills in the Center to help you sleep. If you ordinarily take sleeping pills, this will be discussed with you in advance of your evaluation.

## Nighttime Information

**Q** *Can you give me other medications during my stay?*

**A** We are unable to give you over-the-counter medications, such as aspirin or antacids, during your stay. If you find that you frequently use these preparations at night, you should bring them with you.

**Q** *Should I change my times of going to bed and getting up prior to my sleep evaluation?*

**A** It is very important to keep your normal sleep schedule and habits in the days prior to your nighttime evaluation. If you are concerned that you will not sleep on the night of your study, you may wish to decrease your sleep by two or three hours on the night prior to your study to ensure that you will fall asleep on your study night.

**Q** *Should I take all the medicine I usually take during a normal day:*

**A** Yes. Unless otherwise instructed, take all of your usual medications and make a list of the medications you have taken on the day of your evaluation. Please bring this list with you when you come to the Center. If you normally take sleeping pills, you will receive specific instructions as to whether you should take them or not. If you take any medications around bedtime, you should bring these with you to the Sleep Center or take them before you leave home.

**Q** *Is it all right to bring food to the Sleep Center?*

**A** If you ordinarily eat a snack before going to bed, a refrigerator and microwave are available for your use.

**Q** *Can I watch television or listen to the radio while I'm at the Sleep Center?*

**A** If you usually listen to the radio before bed, you may bring a radio. A television is available for your use. However, once you are in bed and the test has begun, the radio or television will be turned off.

**Q** *Is there anything that I should or should not drink before coming in for my evaluation?*

**A** It is important that you DO NOT drink any caffeinated beverages (tea, coffee, cola drinks) after 1:00 pm on the day of your evaluation. Do not eat a large evening meal or spicy foods, which could possibly disrupt your sleep.

**Q** *What about drinking alcohol before I come in for my evaluation?*

**A** Please DO NOT drink any alcoholic beverages on the day you come in to the Sleep Center. Alcohol can influence the quality and type of your sleep.

**Q** *Can I get up during the night to use the restroom?*

**A** If you need to get up for any reason during the night, you may call the technician on duty at all times. It is not difficult to detach you from the recording equipment, and you should not hesitate to call us. We can hear and see you at all times, and you do not need to press any buttons to call us. You can get up at any time to use the restroom. However, you should not attempt to get out of bed on your own until the technician has detached you from the recording equipment.

**Q** *If I need anything during my stay in the Center, whom should I ask?*

**A** A technician who is monitoring you throughout your stay in the Sleep Center is available to assist you during the evening and throughout the night. The technician is trained in CPR and emergency procedures. Do not hesitate to call the technician if you need anything to make you more comfortable.

**Q** *Where do I park when I come to the Center and how do I get into the Center?*

**A** You may park in the lot directly beneath Barnett tower on Junius Street. Take the elevator from the basement to the 8<sup>th</sup> floor in Barnett Tower up to Suite 801. The front door to the Sleep Center will be locked when you arrive. There is a buzzer outside our door for you to ring, and a technician will meet you at the front door. Parking tokens are not available, and overnight parking will cost \$4.00.

**REMEMBER:** Our job is to make you feel as comfortable as possible. Please feel free to ask us about any aspect of your evaluation at any time.