Patient Preparation Instructions for Sleep Study

Below are the prep notes for your scheduled appointment. Please follow the prep notes for the location your appointment is scheduled. Should you have any questions or concerns please call the Sleep Lab at 540-741-7830 option # 4 prior to your appointment:

**MWH Sleep Lab - 2216 Princess Anne St, Suite 105**

Please don’t take any naps the day of the test or have any caffeine after 2pm. Eat a normal dinner and continue to take all medications as prescribed unless otherwise instructed by your MD. Please do not use any hair products, make up, body lotion, or nail polish. No hair weaves. Deodorant can be worn. So that you are very comfortable, please bring your own pajamas, personal toiletry, and clothes for the next day. Please do not arrive at the Sleep Lab prior to 8:30pm as there will not be anyone at the lab prior to 8:30. You should plan on leaving by 6:15am unless you have a daytime study scheduled.

This is very important. Please go to our website www.mwhc.com select Forms at the bottom of the page - on the Forms page please select the Sleep Disorder Questionnaire and the Sleep Disorder Epworth Sleepiness Scale. Please print and then fill out the patient questionnaire. Make sure you bring this with you the night of the study. More information and frequently asked questions can be found on our website.

Because the sleep lab is reserving a private room and technician for you they require a 72 hour notice if you have to cancel or reschedule your test.

Please request an H and P (history and physical) and a prescription for the procedure from the ordering physician. This information is to be faxed at 741-7832 as soon as possible.

We must have this information prior to your procedure date or it could result in cancellation or rescheduling your procedure.

**Stafford Hospital Sleep Lab -101 Hospital Center Blvd**

For Stafford Hospital Sleep Lab Patients:

The patient will check in via the Emergency Department (main office closes at 5:00 and the ED registrars do outpatient services after 5:00). The patient will then be escorted/directed to the 4th floor for services.

Please don’t take any naps the day of the test or have any caffeine after 2pm. Eat a normal dinner and continue to take all medications as prescribed unless otherwise instructed by your MD. Please do not use any hair products, make up, body lotion, or nail polish. No hair weaves. Deodorant can be worn. So that you are very comfortable, please bring your own pajamas, personal toiletry, and clothes for the next day. Please do not arrive at the Sleep Lab prior to 8:30pm as there will not be anyone at the lab prior to 8:30. You should plan on leaving by 6:15am unless you have a daytime study scheduled.

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We must have this information prior to your procedure date or it could result in cancellation or rescheduling your procedure.

**MWH-2216 Princess Anne St, Suite 105**

**Sleep Study Daytime PSG/CPAP**

Please do not sleep or have caffeine after 11pm. You should eat a normal breakfast and continue to take all medications as prescribed unless otherwise instructed by your MD. Please do not use any hair products, make up, body lotion, or nail polish. No hairweave. Deodorant can be worn. So that you are very comfortable, please bring your own pajamas, personal toiletry, and clothes for the next day. Please arrive at the sleep lab by 6:30am and you can plan to leave at approximately 3pm.

This is VERY IMPORTANT please go to our website www.mwhc.com select Forms at the bottom of the page - on the Forms page please select the Sleep Disorder Questionnaire and the Sleep Disorder Epworth Sleepiness Scale. Please print and then fill out the patient questionnaire. Make sure you bring this with you the night of the study. More information and frequently asked questions can be found on our website.

Because the sleep lab is reserving a private room and technician for you they require a 72 hour notice if you have to cancel or reschedule your test.

Please request an H and P (history and physical) and a prescription for the procedure from the ordering physician. This information is to be faxed at 741-7832 as soon as possible.

We must have this information prior to your procedure date or it could result in cancellation or rescheduling your procedure.

**Sleep MSLT (Sleep Lab Calls patient for This Procedure)**

This study is performed after your nighttime sleep study if you meet the required criteria and it is ordered by your doctor. If you do not meet criteria then you will go home the morning after your nighttime sleep study. If you stay for the study breakfast and lunch will be provided. Please continue to take all medications as prescribed unless otherwise instructed by M.D. Please do not use any hair products, make up, body lotion, or nail polish. No hairweave. Deodorant can be worn. So that you are very comfortable during the day, please bring comfortable street clothing.

Please request an H and P (history and physical) and a prescription for the procedure from the ordering physician. This information is to be faxed at 741-7832 as soon as possible.

We must have this information prior to your procedure date or it could result in cancellation or rescheduling your procedure.