

# 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 prior to your appointment:

## **MWH Sleep Center - 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 arrive at the Sleep Lab at your scheduled appointment time of 8:30pm. You should plan on leaving by 6:00 a.m. unless you have a daytime study scheduled.

This is very important. Please go to our website [www.mwhc.com](http://www.mwhc.com), search **Sleep and Wake Disorders**. The bottom of the page, view **Patient Preparation Instructions for Sleep Study**. Also, select the **Sleep Disorder Questionnaire**, and complete prior to your visit. Make sure you bring this with you the night of the study. More information and frequently asked questions can be found on our website.

The sleep lab is reserving a private room and technician for you they require a 72-hour notice if you must cancel or reschedule your test.

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

For Stafford Hospital Sleep Center Patients:

The patient will arrive via the Emergency Department entrance. 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 8:30 p.m.

This is very important. Please go to our website [www.mwhc.com](http://www.mwhc.com), search **Sleep and Wake Disorders**. The bottom of the page, view **Patient Preparation Instructions for Sleep Study**. Also, select the **Sleep Disorder Questionnaire**, and complete prior to your visit. Make sure you bring this with you the night of the study. More information and frequently asked questions can be found on our website.

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

### **Sleep Study Daytime PSG/CPAP**

Please do not sleep or have caffeine after 11 p.m. 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 6:30 a.m. and you can plan to leave at approximately 3 p.m.

This is very important. Please go to our website [www.mwhc.com](http://www.mwhc.com), search **Sleep and Wake Disorders**. The bottom of the page, view **Patient Preparation Instructions for Sleep Study**. Also, select the **Sleep Disorder Questionnaire**, and complete prior to your visit. Make sure you bring this with you the night of the study. More information and frequently asked questions can be found on our website.

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### **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 be sure to bring your own breakfast and lunch. There is a microwave and refrigerator/freezer for your use.

Your study should be completed by 4:30pm.