

Sleep Study Instructions

The Florida Sleep Solutions' staff looks forward to meeting and working with you. We would like to briefly explain what to expect on the night of your sleep study.

Where

Florida Sleep Solutions is located in the **Paddock Park Medical Center at 3301 SW 34th Circle, Suite 303, Ocala, Florida 34474**. Your sleep will be monitored during the night in a specially designed room similar to a hotel room with a private bathroom and shower facilities.

When

Arrive at the time given. Your test may end later than your usual wake up time. If you were not already given a time and date for your sleep study you will be contacted by a member of the Florida Sleep Solutions staff.

Bring

Whatever you may need to prepare for bed and for work the following morning as well as all of your medications. We would prefer a two-piece nightwear.

As a matter of personal preference, you may want to bring your own pillow (you will sleep better).

Cancel

It is important you understand Florida Sleep Solutions operates on a very precise schedule. There are limited bedrooms with a waiting list and a specially trained technologist has been scheduled to work with you. We ask that if you find it necessary to change or cancel your test, you **give at least a 72-hour notice**. You may be charged a "no show" fee of \$180.00 if you do not come for your study and have not given appropriate notification.

Questions

Should you have any questions, please feel free to contact a member of the Florida Sleep Solutions staff at 352-873-7500 or visit the website at www.flsleepsolutions.com. You are welcome to visit prior to your study. **Let us know if you have any special needs.**

MSLT

If "MSLT is scheduled you are scheduled for a daytime study. You must plan to remain at Florida Sleep Solutions until all your studies are completed (your sleep time plus daytime testing). Please bring a book, craft, or hobby to keep you busy and alert during the awake portion of your daytime study.

PLEASE FOLLOW THESE INSTRUCTIONS PRIOR TO YOUR STUDY

1. Please leave all valuables at home. Bring with you to your sleep study, a check or money order (no cash please) in the amount of your co-payment/ deductible. Visa/MasterCard, Discover, American Express accepted.
2. Eat your evening meal prior to arriving for your study. Abstain from very heavy or spicy foods.
3. Refrain from the consumption of caffeine, alcohol, and tobacco products this afternoon and evening of your study. You may have cola, tea, or coffee; it simply has to be decaffeinated.
4. If you are scheduled for a MSLT (daytime nap study), bring your food with you. A microwave and refrigerator are available.
5. Shower prior to coming to your study. Your body must be free of oils, creams and lotions. Your hair must be clean, dry, unbraided, and free of hair spray, gel, etc. If not, your study may be rescheduled.
6. Bring loose fitting pajamas, gown, or shirt. The center provides pillows; however, you may want to bring a favorite pillow to aid in your comfort.
7. Do not nap during the day or your study as this may hinder your ability to fall asleep the night of your study.
8. Take routine medications as normal unless your physician specifies otherwise. Some medications can alter the results of your study. List the name and dose of all medications in the space provided on the Patient Information and Sleep Questionnaire form.
9. If you are having difficulty breathing through your nose, (i.e. sinus infection, cold, or related illness), call the SCHEDULING OFFICE 352-873-7500 (11 a.m. to 4:00 p.m.) prior to coming for your scheduled study.
10. We usually designate "lights out" by 11:00 p.m. You will be ready to leave between 6:00 a.m. and 7:00 a.m. or earlier if your schedule requires.

Special Instructions

- ✓ DO NOT use hairspray or gel the day of your study
- ✓ DO NOT wear hairpieces or get your hair done prior to the study.
- ✓ Paste applied during sleep study will require shampooing to remove.
- ✓ DO NOT drink any beverages containing caffeine or alcohol after 2:00 pm the day of the study.
- ✓ DO NOT take any naps the day of the study.
- ✓ DO NOT wear any make-up to the study.
- ✓ DO pack a small overnight bag with personal items which should include pajamas and any toiletries that you will need. If you choose not to wear pajamas please bring a t-shirt and shorts to sleep in.
- ✓ DO continue to take your medications and bring what you will need for the evening.

Florida Sleep Solutions Inc.

For information or questions, please call 352-873-7500

www.flsleepsolutions.com

*****Test Location*****

Paddock Park Medical Center

3301 SW 34th Circle, Suite 303

Ocala, Florida 34474

9:00 p.m. – 7:00 a.m.