



Patient Instructions for Sleep Study

John: Your appointment has been scheduled for Monday, October 29, 2012 at 9:00pm. The Altru Sleep Center is located at the Altru Specialty Center 4500 South Washington Street.

1. Be expecting a call from the Pre-Registration Staff several days prior to your sleep study.
2. Upon completing the Sleep Log Report and Questionnaire, please bring it with you on the night of your study. Try to do the Sleep Log report the two weeks before your study if possible.
3. Do not drink any caffeinated beverages such as coffee, tea, or cola products (e.g., Coke, Pepsi, Dr. Pepper) after 12:00 p.m. on the day of your appointment or 6 hours before your usual bedtime.
4. Do not drink any alcoholic beverages, including beer, liquors, brandy, or any wines, after 12:00 p.m. on the day of your appointment. If you normally consume alcohol on a regular basis, please call us for instructions.
5. You may take your regular medications such as blood pressure pills, heart pills, etc., **PLEASE bring a list of your medications with you along with any medications you might need to take that night.**
6. Before you come to the lab for your study, bathe and shampoo your hair. Do not use any hair conditioners, creams, oils, or dressings on your hair after you shampoo. Do not use any makeup, skin creams, or conditioners on your face after you wash it.
7. Bring nightclothes (pajamas or nightgown, bathrobe, slippers).
8. Bring items you may need to wash and dress with in the morning (toothbrush, shaving equipment, shampoo, clothes, etc.)
9. You may bring your favorite pillow, if you wish, as well as reading materials.
10. If you need to get up in the morning by a certain time, please tell the technician. You do not need to bring an alarm clock. Usual wake up time is between 6:00 - 6:30 a.m.
11. **If you have any questions, or if this date does not work for you, or you have to cancel your appointment, please call and let us know. Our number is 701.780.5484.**
A 48 hour notice is requested.

Thank you,
Sleep Center Technologist
Altru Health System

Altru Specialty Center | 4500 South Washington | Grand Forks, ND 58206
701.780.5484