

SLEEP CENTER AT STONECREST

515 Stonecrest Blvd, Suite 200 ☉ Smyrna, TN 37167 ☉ 615.220.0366

SLEEP STUDY INFORMATION AND INSTRUCTION SHEET

You have been scheduled for an overnight sleep study at the above location. Please read the following information to ensure that your stay with us goes well and to help us obtain the highest quality possible.

1. In accordance with recent identity theft legislation, you must present a government issued photo ID when you arrive for your sleep study.
2. **Toupees, wigs, or hair weaves:** Please be aware that some of the electrodes attached during your sleep study are attached directly to your scalp. If you wear a toupee, wig or have a hair weave, please let us know ahead of time so we can let you know if it needs to be removed for your study.
3. Do not nap on the day of the sleep study.
4. Shower, wash your hair, and be clean-shaven (unless you have a beard or moustache) before coming into the Sleep Center. Please do not use any oils, sprays, or hair care products as these may affect the quality of our recordings. Please do not wear nail polish on the day of the study.
5. Eat your regular meals. Do not eat or drink anything that contains caffeine 3 hours prior to your sleep study, unless otherwise directed by your doctor at the Sleep Center. You should drink your normal amount of alcohol (if any) at the same time you normally drink it. If you drink alcohol prior to your study, you should make arrangements for someone to drive you to the Sleep Center.
6. Bring all medications normally taken at night or first thing in the morning. This includes prescription as well as non-prescription (aspirin, Tums, etc.) medications. Because this is an out-patient study, we are not allowed to dispense medications to you.
7. Please wear something comfortable for your sleep study. **MEN: Please bring a pair of gym shorts or pajamas, along with a T-shirt. WOMEN: Please wear two-piece, loose-fitting sleepwear, lounge shorts, pajamas, or a T-shirt and shorts. Nylon or “slippery” material sleeping attire is not recommended.**
8. You may want to bring your favorite pillow, if that will help you sleep. If you need to have a snack or a beverage prior to going to sleep, you can bring it with you. The Sleep Center has a microwave and refrigerator available for patient use. However, they are not located in the patient room.
9. Please bring your toiletries. This may include toothpaste, toothbrush, comb, brush, or any other articles you will need to get ready when you wake up. Your room will include a private bathroom with shower.
10. Please make sure cell phones and all electronic devices are turned off when your sleep study begins. This is to ensure there are minimal interruptions during your sleep.

If you have additional questions prior to your study, please refer to our website www.sleepcenterinfo.com or call us at 615.220.0366.

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DIRECTIONS: Take 1-24 to Exit 66 toward StoneCrest Hospital. Turn right onto StoneCrest Parkway. Smyrna Medical Plaza is on the left just before the entrance to the hospital.

- ENTRANCE:**
1. Use the entrance at the back of the building.
 2. Find the call button at the door and call the Sleep Lab to have the doors unlocked for you.
 3. Use the elevator to the 2nd floor, Suite 200.