



IN-LAB SLEEP STUDY INSTRUCTION SHEET

You have been scheduled for an over-night In-Lab sleep study test ordered by

_____ to be administered at the St. Tammany Health System

Sleep Disorders Center. Your test is scheduled for: _____

Please report directly to **80 Gardenia Drive, Suite A, Covington, LA at 8:00pm**. This procedure is an overnight stay in one of our private rooms. In most cases, the test will finish between 6:00am – 7:00am the following morning. In addition:

- Please bring a **photo ID and medical insurance card**.
- Please bring comfortable sleep wear. We ask that you sleep with clothing.
- Please shower and wash hair prior to appointment. It is important not to apply any hair products, body lotions, or nail polish. If possible, please avoid acrylic nails.
- Notify the scheduling technician prior to arriving for study if you have any hair weaves or a toupee that would interfere with any electrodes that need to be placed on the scalp.
- If taking medications, please take them prior to the study and bring a current list of medications you are taking. The center does not have medication.
- Please arrive well shaven for accuracy of the test.
- Please bring your personal pillow if you sleep better with it as well as any toiletry items you may need. You will have time to adjust to your surroundings before your test begins.
- A shower is provided for your convenience. If you choose, you may bring a change of clothes to be able to leave for work in the morning.
- Please avoid caffeine and alcohol after 12pm on the day of the test.

****Please notify us within 24 hours, if you cannot make your appointment or need to make a schedule change of your intended study.** We look forward to meeting you and helping you in restoring your sleep. Feel free to call us at **(985) 871-5987** with any questions or concerns.

ST. TAMMANY HEALTH SYSTEM SLEEP DISORDERS CENTER
SLEEP DISORDERS CENTER ~ 80 GARDENIA DRIVE ~ SUITE A ~
COVINGTON, 70433 ~ PHONE (985) 871-5987 ~ FAX (985) 871-5630 ~