You have been scheduled for a sleep study. **The test will be done at the** **sleep center which is located in the Doubletree Hotel at 6300 Morrison Blvd.,** **behind SouthPark Mall in South Charlotte.**

There are a few things you will need to keep in mind for this test:

1. **Please report at 8:30 PM to Suite 467.** You may enter through the front lobby and check with the front desk to receive instructions to the Sleep lab.
2. You should eat dinner prior to coming for your study.
3. You report early in order that you can get comfortable in your sleep setting and so that the sleep technician can apply the appropriate wires and monitoring equipment.
4. You will have sensors applied by the technician. Sensors will be placed on your scalp, chest, legs abdomen and finger. They don’t hurt! **Please cleanse hair of any product or scalp build up by shampooing and drying hair before Sleep Study.**
5. **All types i.e.; braiding, extensions, sew-ins, and hair weaving MUST be removed a day before Sleep Study.**
6. Please remove acrylic fingernails and fingernail polish on at least one finger before coming to the lab.
7. You will need to bring along any medicines that you usually take at night or first thing in the morning.
8. Avoid drinking caffeine in the afternoon or taking a nap on the day of your study.
9. Bring something two-piece to sleep in for your study, a t shirt and comfortable shorts or pajamas-. You should also bring your own pillow, as this may help you adjust to the Sleep Center.
10. You will be able to relax and read or watch TV after you are “hooked-up” and ready for bed.
11. For your own safety, smoking is not permitted in the sleep center.
12. We ask that friends and family that accompany you to the sleep center not remain during the procedure. A patient or guardian of children or care providers for patients with special needs will need to stay.
13. **Your sleep study will be done by 6:00am the next morning. Please make transportation arrangements for a 6:30 a.m. departure.**
14. We will verify insurance coverage, but you may want to call your insurance company to verify that this outpatient procedure is covered.
15. **Please call us at (704)295-3264 if you need to change your scheduled date of study. We ask that we be notified at least 72 hours before the scheduled study. *You will be charged a $200 no-show fee for any appointments cancelled with less than 24 hours notice.***
16. **For all last minute notifications or directions, please contact the Sleep Lab directly at (704) 264-7132.**