

DO'S & DON'TS OF PREPARING FOR YOUR SLEEP STUDY

1. **DO** wash and dry your hair; please do not use hair gels, hair spray, etc. before coming in for your sleep study.
2. **DO** take your medications as prescribed by your physician unless otherwise instructed by your physician.
3. **DO** wash your face to remove any oils and make-up before coming to the sleep lab.
4. **DO** shave facial stubble, growth. Full beards should be clean.
5. **DO** bring or wear something to sleep in, comfortable pajamas, shorts and a T-shirt, etc.
6. **DO** bring your pillow if you feel it will help you fall asleep. You may bring a book, magazine, or something to do before you go to bed.
7. **DO** bring your insurance card(s).

1. **DO NOT** take a nap on the day you are scheduled for your sleep study.
2. **DO NOT** drink anything with caffeine in it (soft drinks, coffee, tea, etc.) after 2:00 pm on the day of your study.
3. **DO NOT** drink alcohol on the day of your sleep study.
4. **DO NOT** wear fingernail polish to your sleep study.

If you have any questions or concerns about your sleep study please feel free to contact us at 580-220-6233 or 1-800-572-1182 ext. 6233.