



**SLEEP STUDY APPOINTMENT AND INSTRUCTIONS  
JERALD H. SIMMONS, MD  
SLEEP DISORDERS SPECIALIST**

**SLEEP LAB ADDRESS & CLINIC**

Medical Center  
2201 W Holcombe Blvd Suite 325  
Houston, Texas 77030  
PH 713-668-4100 FAX 713-668-4105

**CLINIC ONLY**

Sugar Land  
3030 Edgewater  
Sugar Land, Texas 77478  
PH 281-240-3773 FAX 281-239-6268

Appointment date for Sleep Study: \_\_\_\_\_ **At the Medical Center Location**

1. No caffeinated beverages after 12:00 noon the day of the study.
2. Have your dinner between 5:30 and 6:30. Don't over stuff yourself- this may cause you to be restless at bedtime.
3. Pack your overnight bag with a comfortable PJ's- your favorite pillow if it will allow you to sleep better. However, we do have very nice pillows for you here.
4. Bring meds that you normally take in the evening-but do not take them until you discuss with the techs. They will advise you as to what to do.
5. Be at the lab between 7:45-8:15p.m- there is a security phone located at the left of the sliding glass doors-just pick it up and it will ring to security- you will need to give them your full name and tell them they are coming in for a sleep study for REST technologies. They will open the sliding doors and you will proceed to the 3<sup>rd</sup> floor. The lab is in suite #325. If for any reason security does not answer the phone- please call the lab at 832-209-4722 and they will come down to get you.
6. You will be out between 5:30- 6:00a.m.
7. If you smoke no smoking after 6:00 pm.
8. Also make sure your hair is clean, no hair products in your hair such as hairspray, gel, mousse, or oils.
  - **Co-Pays and deductible amounts will be collected via telephone upon confirmation of your sleep study. We accept all major credit cards**

After your sleep study your follow up appointment is scheduled as follows

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Thanks,

Scheduler  
832-209-4721