

**Sleep Lab Scheduling
and Questions regarding your study:**

**(281) 297-6305 Fax: (281) 297- 6436
(You will be prompted, press option 1)**

Sadler Clinic Sleep Disorders Center

Jerald H. Simmons, M.D

9201 Pinecroft, Suite F, The Woodlands, Texas 77380

Sleep Lab Direct Line: (281) 297-6382

(After 6:30 PM only or when picking patient up)

**PLEASE READ AND FOLLOW THESE
INSTRUCTIONS TO HELP US SERVE YOU
MORE EFFICIENTLY**

*******Sleep Study Instructions*****
WOODLANDS LOCATION**

- 1) YOU MUST VERBALLY CONFIRM YOUR APPOINTMENT 48 HOURS BEFORE YOUR TEST OR WE MAY NEED TO FILL THE SPOT WITH SOMEONE ELSE.** In the past there have been problems with patients forgetting about their test and not showing up for the study. We set aside time and resources to do your study and we cannot afford to let your spot go unutilized. We will attempt to call you 2 days before your study but you must confirm your appointment with us two days before the study. **IF WE HAVE NOT HEARD FROM YOU WE RESERVE THE RIGHT TO GIVE YOUR SPOT TO SOMEONE ELSE. **IMPORTANT: IF YOU NEED TO CANCEL YOUR APPOINTMENT, REFER TO OUR CANCELLATION POLICY****
- 2) Unless PRIOR arrangements have been made with the SLEEP LAB SCHEDULER for a later arrival time, please be here the night of your study at 7:30 PM. (This allows you to wind down and relax prior to bed and allows the tech to room each patient appropriately.)**
Please, NO napping this day. You will be discharged the following morning **between 5:30 AM and 6:00 AM**, with the exception of patients staying for the MSLT. If someone will be picking you up, please make sure they arrive no later than **6:00 AM**. They can call the Sleep Lab directly or buzz the intercom upon arrival.
- 3) PARKING - Parking is on the EAST side of the building, the side closest to Pinecroft Dr.**
Go to the NORTHEAST door closest to the woods on the EAST side. You will see our signage on the door, an intercom on the right side of the door and a porch light. Press the button once. If the tech does not respond in a few moments, press again. Please give your name to the tech and they will come down to show you in.
- 4) As of February 1, 2004, Sadler Clinic became a “NO SMOKING CAMPUS”.**
Caffeinated drinks, Alcohol and Cigarettes can have an influence on your study. We strive to give you the most accurate information possible about the quality of your sleep and therefore we ask that you assist us in this by eliminating Caffeinated drinks, Alcohol, and Cigarettes prior to check-in for your Sleep Study. For even more accurate test results you should eliminate **all Caffeine and Alcohol after 12:00 Noon on the day of your sleep study.** This is a “NO SMOKING CAMPUS” therefore Cigarette Smoking is not allowed upon entering Sadler Clinic property. For the safety of you and our equipment, you must remain in the Sleep Lab area for the duration of the sleep study. If you feel you can't do without a smoke break, prepare ahead and bring a NICOTINE PATCH. **This is a non-negotiable policy.**
- 5) Bring an updated list of current medications with dosing information and instructions on how you take it.**
*****Bring any prescription medications that you may need to take that evening (in their original Rx containers), especially sleep meds, RLS/PLMS meds, heart or diabetes meds, seizure meds, and any over-the-counter headache, stomach, or pain medications you think you may need during your study.*****
- 6) Spouses and other family members MAY NOT stay in the room with a patient who is not handicapped or does not need special assistance. Frequently, and unintentionally, visitors to the room interfere with the quality of the sleep study. For this reason, the only visitors allowed to stay in the room are ones needed to assist with handicapped patients or infants/children.**
- 7) Eat a light dinner before you come. You are welcome to bring snacks and/or NON-CAFFEINATED DRINKS; we have a refrigerator and microwave oven in our Break Room.**

*******CONTINUED ON 2nd PAGE *******

- 8) Please have **clean, dry hair**. Keep hairspray, oils and hair products to a minimum. **Avoid heavy moisturizers and creams, makeup or any products that leave your hair or skin oily. Do not wear rollers** or anything else (**weaves, extensions, attached hairpieces, etc.**) that will prevent us from reaching the scalp.
- 9) In order to make your stay as comfortable as possible, you may bring any pillows, blankets, etc., that will make you feel more at home (no pets, please). It is **not required** to bring these items as we do provide them.
- 10) Each room, **with the exception of Room 3**, is equipped with a shower. All-in-one soap/shampoo/conditioner, towels and washcloths will be provided or feel free to bring your own toiletries including blow-dryer and curling iron if needed. **We make every effort to remove all paste but there will still be some paste residue and pencil marks that will need to be shampooed out, either here or at home.**
- 11) Bring comfortable, modest clothes to sleep in. **When choosing what to wear, please keep in mind that Video Recording is a routine part of each sleep study.** A two-piece outfit such as, pajamas, sweats, or shorts and T-shirt work best, however, you may also choose a one-piece gown.
WE DO NOT ALLOW SLEEPING IN THE NUDE OR IN BRIEFS.
- 12) We have a **TV/VCR/DVD** in each room. **We have Basic Cable channels, but feel free to bring reading material if preferred.**
- 13) Cell phones and pagers need to be **OFF when the study starts.**
- 14) **IF YOU ARE SCHEDULED** for the **MSLT Study** the following day, please **bring breakfast and lunch with you, or arrange for someone to bring it to you, as well as plenty of entertainment. You will not be able to leave the lab for the duration of the study, which will last most of the day.** Napping prior to your Full Night Sleep Study could interfere with the information we collect on the night of your study. **Please, No Napping the day of your nighttime sleep study. REFER TO # 4 REGARDING SMOKING**
- 15) If you are on **Home Oxygen or require any type of special assistance or are the parent/guardian of a patient who is a minor, please call us before your study** so that we will be able to address your needs.

STUDY DATE: _____
 TIME: _____ PM

MSLT DATE: _____
 TIME: _____ AM

FOLLOW-UP APPT. DATE: _____
 TIME: _____ AM/PM

PLEASE BRING THESE INSTRUCTIONS WITH YOU THE NIGHT OF YOUR STUDY

Directions:

****From Houston → I-45N, exit 77, left on Research Forest, left on Pinecroft, 3rd building on the right**

****From Conroe → I-45S, exit 77, right on Research Forest, left on Pinecroft, 3rd building on the right**

PATIENT CHECKLIST (for your convenience)	
MEDICATION LIST	SLEEPWEAR
RX MEDICATIONS	EARPLUGS **
OTC MEDS IF NEEDED	EYE MASK **
CELL PHONE	SLIPPERS
ARRANGE RIDE (IF NEEDED)	LIGHT SNACKS DRINKS-NO CAFFEINE
CPAP MACHINE IF RETITRATION STUDY	PILLOW/BLANKET TOY FROM HOME
MSLT STUDY-BRING BREAKFAST/LUNCH	MOVIES, BOOKS, MAGAZINES
INFORM LAB IF ON OXYGEN OR NEED ASSISTANCE @ NIGHT	HAIR STYLING TOOLS HAIRSPRAY HAIRGEL

**THANK YOU, SADLER CLINIC SLEEP DISORDERS CENTER
 WOODLANDS LOCATION**

****Although we do our utmost to make your visit as comfortable as possible, please keep in mind this is a clinical procedure in a clinic setting. This is not a hotel or a resort, and we do not bill you for a hotel or resort stay. Noises and interruptions during the study can occur; we will do our best to keep it to a minimum as we collect the data necessary for your study**