

Dear Patient:

Alamo Sleep Disorders Center wishes to thank you for your patronage. We ask that you arrive at our Sleep Center at your scheduled time. This will allow us time to prepare the equipment and will allow you time to get acclimated to the sleep laboratory environment before testing begins. Your test will end at approximately 6:00am and you should be able to leave the laboratory before 7:00am. We can arrange for you to depart earlier if necessary, just notify the sleep technician of your time requirements upon your arrival at the laboratory. Our laboratory is equipped only to handle our patients. Members of your family may stay with you until it is time for the testing to begin, then they will be required to leave.

Prior to arriving at the sleep disorders center, we wish for you to:

- Bathe/shower and wash your hair. Please leave your hair in its natural state. No hair weaves, braids, clips, or other devices can be used due to our testing procedures.
- Do not apply any lotions, conditioners, gels, or creams to your hair or body.
- Do not have any caffeine products after 12 noon the day of your study.
- Do not take any naps during the day of your study.
- On the day of your study, please awaken 1-2 hours earlier than normal.
- Please notify us in advance, if you have any special needs or concerns.
- Continue to take all of your current medications and bring any medications you take at night to the center. We do not administer medications.

You should bring the following items to the sleep center:

- Completed Sleep History Questionnaire.
- Comfortable clothes to wear to bed—pajamas, nightgown, shorts and a tee shirt or sweat clothes.
- Any medications that you need to take during the night.
- A book or magazine to read before bed.
- You might want to bring your own pillow.
- Toothbrush, toothpaste, and other toiletries.

If you have any questions, please feel free to call us or visit our website at www.alamosleep.com. Our website also has directions and maps to our facility.