



From the Sleep Center at
NEUROLOGY & NEUROSCIENCE ASSOCIATES, INC.

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Dear Patient,

You have been scheduled for a sleep study with Ohio Sleep Disorders Centers.
Please arrive at our office at 8:30 PM; you will be discharged by 6:30 AM.

A sleep study is a recording that includes various measurements used to identify and diagnose sleep disorders. In order to properly gather required information, please come showered with clean, dry skin and hair with no added body lotions, hair conditioners or other products such as gels or mousse, etc. Remove any braids or hairpieces prior to arrival. You will have sensors attached to your scalp, face, chest, legs and fingers with hypoallergenic, washable paste and tape. Those sensors will monitor your body activities and movements throughout the night.

Avoid alcohol, caffeine (coffee, tea, chocolate, or soft drinks) and non-prescription drugs the day of your study. These can affect the validity of your test. Please bring comfortable loose fitting sleep attire. You may bring in your own pillow for added comfort. **PLEASE BRING YOUR INSURANCE CARD(S) WITH YOU.**

Unless otherwise instructed, continue to take your regular prescribed medications. Bring them with you if you take them at bedtime or first thing in the morning. There are no nursing services or medications provided here at the lab. There is a refrigerator available for those who are diabetic or those with special dietary needs.

If you are experiencing cold or flu like symptoms please give us a call. If you cannot keep your appointment, or have any questions please feel free to give scheduling a call at 866-455-6693.

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