



3056 Healthy Way, Suite 124
Vestavia Hills, AL 35243

341 Walker Chapel Plaza, Suite. 109
Fultondale, AL 35068

PATIENT SLEEP CHECKLIST

- **Date of Study:** _____
- **Arrival Time: 8:00PM**
(Approximate Bedtime 10:00PM unless prior adjustments are made)
- **Discharge Time: 5:00AM**

Please Remember:

1. If you are diabetic, please bring a snack
2. If you are taking sleeping pills, please bring them with you unless you are instructed otherwise by the physician. Please let your technician know what you are taking and the amount. Your technician will instruct you to the best time to take your medication.
3. Eat dinner before coming to the Sleep Lab, there are no restrictions.
4. Do not take a nap the day of the sleep study.
5. If you use mousse, gel, hairspray, etc., then please wash your hair before you arrive. No hairpieces. (We must be able to place our sensors directly on the scalp.)
6. Do not use lotions or oils on your skin before coming to the sleep lab. Please remove all makeup.
7. When removing sensor paste, do not apply soap or shampoo. Please allow warm/hot water to run over it and it will come out. (Applying soap will make it like glue.)

Please bring the following with you to the Sleep Lab:

- Comfortable Sleepwear, no fleece. You may want to bring a pair of socks.
- Favorite pillow and blanket if you choose.
- Toiletries: Toothbrush/paste, comb or brush, shampoo and soap if you choose. (Shampoo and soap are provided) Sensors will be applied and you will have electrode paste in your hair; many patients choose to shower here post study.
- Any nightly meds or meds you need to take upon awakening.

The Sleep Lab provides sheets, blankets, pillows and towels. We also provide soap and shampoo if needed. You are always welcome to bring any of your own items.

Any additional questions, please call Alabama Sleep Therapy at 205-783-5323.

PLEASE CALL THE SLEEP LAB AS SOON AS POSSIBLE IF YOU NEED TO RESCHEDULE.

YOU MAY BE SUBJECT TO A \$250 NO-SHOW FEE IF YOU FAIL TO NOTIFY US THAT YOU CANNOT KEEP YOUR APPOINTMENT WITHIN 2 BUSINESS DAYS OF THE DATE OF YOUR STUDY.

Daytime Studies: If you are having a daytime study the following day, you should plan to be there until at least 4PM the day following your nighttime study.