



Texas Pulmonary Sleep Center

www.tpsctr.com

INSTRUCTIONS FOR IN-LAB SLEEP STUDIES

- **ARRIVE AT THE SCHEDULED APPOINTMENT TIME (BUT NO EARLIER)** – The sleep lab room and technician have been reserved for YOU. Late arrival requests must be confirmed by calling the sleep center to avoid a “no show” fee of \$200.00 not covered by your insurance. Any appointment changes must be made with at least a 24-hour notice. The sleep center will be securely locked after all patients have arrived for testing and will remain locked until the study concludes the following morning.
- **PLEASE DO NOT BRING FOOD/DRINKS TO THIS APPOINTMENT** – The sleep testing bedrooms are a clinical environment where food and drink is not permitted during testing unless medically necessary for diabetic patients. If you have a medical necessity, please notify the sleep center prior to your appointment. All other patients should have their final meal of the day before arrival. When testing is completed the next morning, patients will be offered a complimentary breakfast snack and beverage.
- **PLEASE ARRIVE WITH CLEAN, DRY, HAIR AND BODY FOR TESTING** – Electrodes are placed on the head, chest, abdomen, and legs to enable monitoring of brain, muscle, heart, and respiratory functions. The application of the monitoring devices is not painful, but is a timely process. Patient may watch TV during the pre-testing preparation period until testing begins. Most patients prefer to go home immediately after the test to shower, but if you would like to reserve use of the sleep center’s shower, please notify the technician upon your arrival for the study.
- **PLEASE BRING PROPER ATTIRE AND PERSONAL ITEMS** – The best attire for testing for men is boxer shorts and a T-shirt, or a two-piece pajama suit. Women may wear a two-piece pajama suit or a ¾ length gown. It is very important that the chest area is covered for monitoring placement purposes. It is recommended that patients bring a robe to adequately cover you outside the bedroom during restroom breaks through the hallway of the sleep center. You are welcome to bring your personal hygiene items (toothbrush, toothpaste, and comb/brush) as well as any favorite pillow, blanket, etc. We want you to be as comfortable as possible for your experience. Any questions or concerns should be discussed with the sleep center staff prior to your appointment.
- **BE PREPARED FOR TESTING & DO NOT TAKE ANY NAPS THE DAY OF YOUR STUDY** – Patients must show photo ID and insurance cards upon arrival and then will be assigned a private bedroom. All cell phones must be turned off during testing. Video & audio recording is part of the monitoring process during your sleep study evaluation. Testing may be interrupted for restroom breaks, and a technician will be available to assist you for all breaks during testing. Caffeine, alcohol, and tobacco are prohibited during testing as these may affect the results. Due to time limitations, we request that patient adapt their bedtime and wake time to coincide with the study recording of 10 pm to 5 am. For more information or to request a work excuse, please contact the sleep center in advance of your appointment.
- **TRANSPORTATION TO AND FROM THE SLEEP CENTER** – If you are able to drive yourself now, you should be able to safely drive to and from the sleep center for your appointment. If you arrange for your own transportation, make sure to schedule pick-up arrangements no later than 6AM the next morning. ONE family member may bring or accompany you to the lab, but there are no accommodations for family members to remain in the sleep center during testing unless the physician specifically requires a caregiver accompany the patient during the study.

• **APPOINTMENT FOR** _____ **ON** _____ **TIME** _____
LOCATION OF SLEEP TESTING: _____
PAYMENT ESTIMATE: \$ _____

TPSC – N. Arlington
907-B Medical Centre Drive
Arlington, TX 76012
817.461.TPSC (8772)

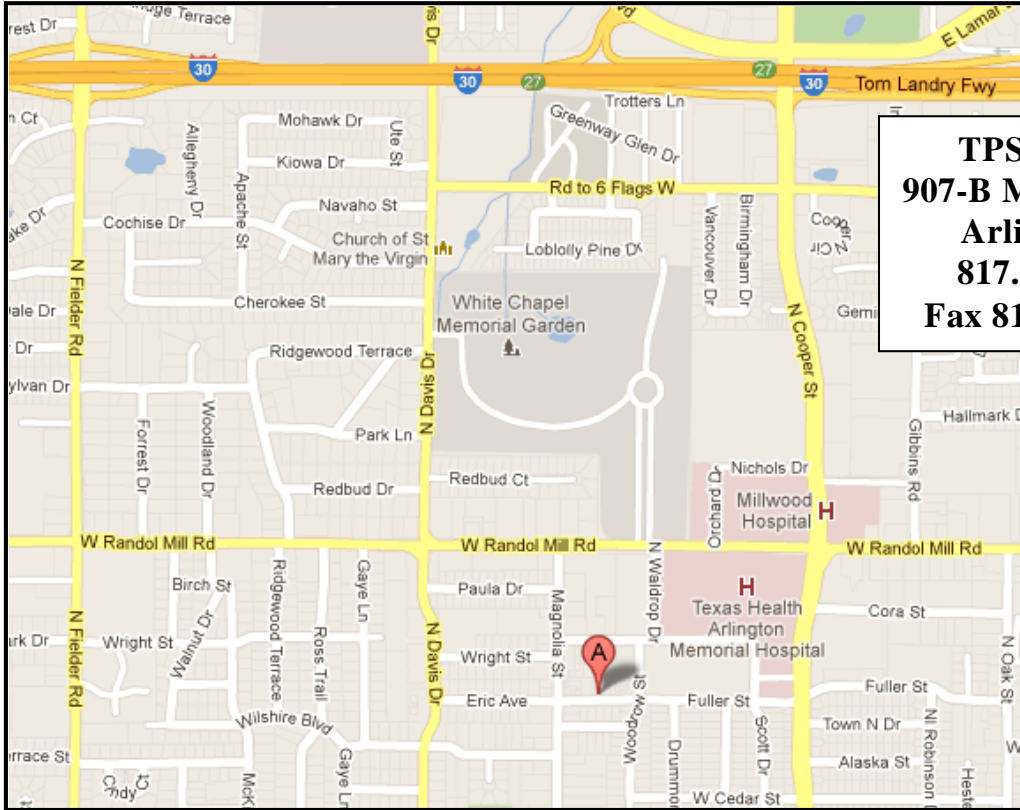
TPSC – Hurst
2000 Precinct Line Rd, #101
Hurst, TX 76054
817.393.TPSC (8772)



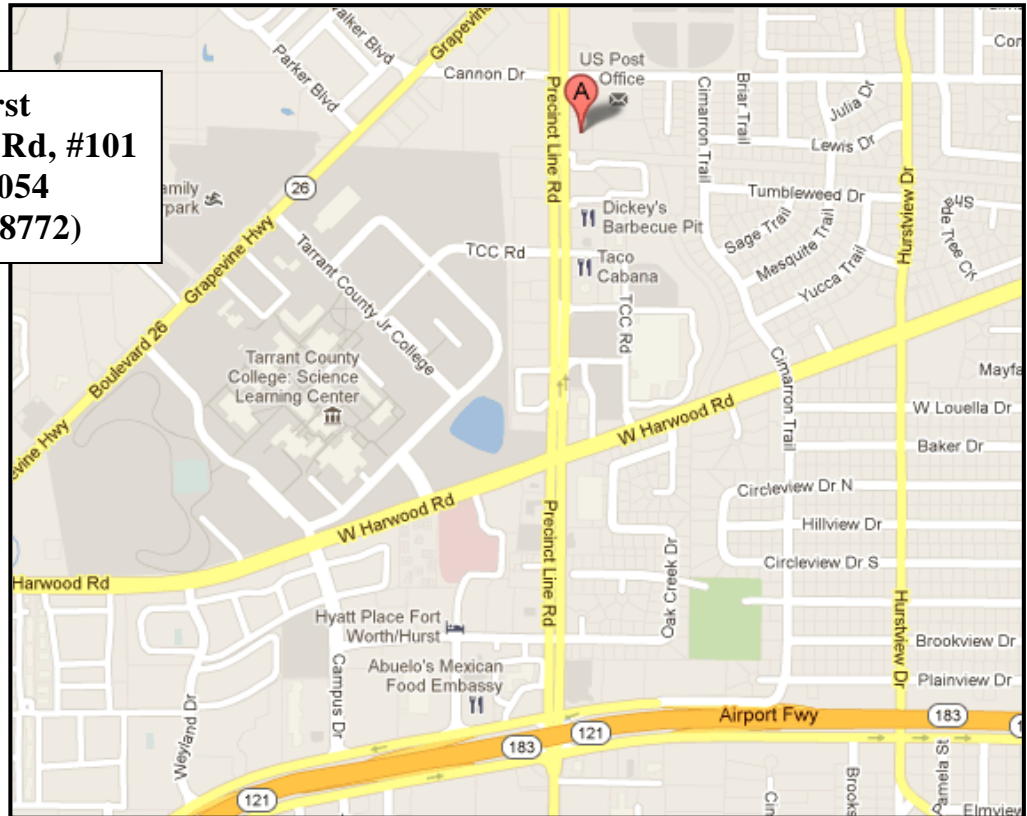
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