**Carolina Cardiology Sleep & Obesity Center, PC**

**Sleep Study Instructions**

**910-915-8450**

**What to bring the night of your study:**

* Valid insurance card(s) and valid identification card
* Comfortable cotton sleep wear (please do not bring silk or satin)
* Toiletries, books, or anything else to help you relax
* Your pillow if you prefer
* We do have WiFi for your convenience
* Medications you normally take at night. Please bring an updated list of all medications you are currently taking, prescription and over the counter. We recommend you bring something for headache and upset stomach/indigestion if you think you may need it
* Sleep Aid if needed. We do not provide sleep aids. **DO NOT TAKE UNTIL ARRIVAL AT SLEEP LAB AND INFORM THE TECHNICIAN IF YOU NEED TO TAKE A SLEEP AID**

**Preparing for your test:**

* Shower, wash and dry your hair. Men should be freshly shaven; however, full beards are allowed
* Eat your dinner before coming to the sleep lab
* **DO NOT** put any hairspray, gels, mousse, or oils in your hair
* **DO NOT** nap on the day of your test
* **DO NOT** apply lotions to your skin
* **DO NOT** wear hairpieces, wigs, or weaves
* **DO NOT** wear fingernail polish, gel, or shellac. If you have acrylic nails, you will need to have it removed from one of your index (pointer) fingers
* **DO NOT** use caffeinated products or alcohol after 9am on the day of your study
* *Cell phones must be switched to vibrate during the study*

**Reminders:**

* Family members are not permitted to stay in your room overnight except if pre-arranged for assistance with handicap needs or pediatric patients
* Patients under 18 years of age must be accompanied by a parent or legal guardian
* Generally, you will be awakened at 5AM and allowed to leave **(IF YOU HAVE BEEN DROPPED OFF YOUR RIDE WILL NEED TO BE HERE AT 5AM)**