

Onslow Medical Specialties Clinic

123 Pompano Place Suite 100

Jacksonville, NC 28546

Sleep Apnea Lab & Clinic

Phone 910-455-9398 Fax: 910-455-5407

Scheduled Appointment_____ 8:30 P.M.

At above address.

Patient Instructions: Please Read Carefully

What to bring on the night of your test:

1. Health insurance cards and driver's license / State ID card.
2. Comfortable cotton sleeping clothes. (No silk clothes)
3. All medications that you regularly take at night before sleep.
 - a. If you take a sleep aid, please BRING it with you and tell the sleep tech that you have the medication with you, the tech will tell you when to take it.

Preparation for your test:

1. Shower and wash your hair before the study.
2. Do not take any daytime naps on the day of the test. This will affect your ability to sleep well during the night of your sleep study. Do something and keep yourself active to keep you from falling asleep during daytime.
3. Do not use any skin lotions.
4. Do not wear hairpieces, wigs or weaves.
5. Do not apply hair gels, sprays or oil on your scalp or hair.
6. Do not apply any make-up to your face.
7. If you shave your face, please shave your face immediately prior to your sleep study.
8. Please remove acrylic nails or nail polish from the LEFT index finger or LEFT middle finger.
9. Do not take any caffeine-containing beverages after 11am no food containing caffeine after 11am.

Reminders:

1. Please come in @ 8:30 pm.
2. Family members are not allowed to stay in your room overnight, except pre-arranged for assistance with handicap needs.
3. If you will not be able to keep your sleep study appointment, please call us during office hours 8 am- 5 pm and speak to our staff for cancellation at least 24 hours before your scheduled appointment, so that we will be able to re-schedule you to a future date of your choice.

Otherwise, we will charge you \$100 – “no show penalty” to help us pay the overhead cost (sleep technician pay, equipment cost, electricity and others).