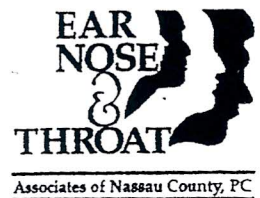




# SLEEP LAB CENTER OF LONG ISLAND

*A division of Ear, Nose & Throat Associates of Nassau County, PC*



## Sleep Lab Instruction Sheet

Patient's Name: \_\_\_\_\_

You have been selected by your physician as a candidate for a sleep study. This is a very important test because we may be able to diagnose a serious problem before it affects your health. If you have a serious sleep issue, this test will allow us to prescribe treatment that will allow you to sleep more comfortably and wake up in the morning feeling refreshed. You will be spending the night in our facility and we assure you that all precautions for your health and safety have been addressed. We want this to be a pleasant experience for you.

### Instructions:

- 1) Your appointment day is \_\_\_\_\_ Time \_\_\_\_\_
- 2) You may want to bring the following items:
  - a) Toothbrush and toothpaste
  - b) Night gown or robe
  - c) Pillow (we will supply you with one if you choose not to bring your own)
  - d) Slippers
  - e) Book or magazine
- 3) Eat dinner as usual. Prepare to go to sleep at approximately 11:00 PM at our office
- 4) You will be observed all night by a Certified Sleep Technologist or Respiratory Therapist in our State-of-the-Art video monitor secured office.
- 5) You will finish the test by 7:00 AM at which time you will go home or to work.
- 6) Your physician will advise you if the next step in your treatment plan.

It is very important to notify this office if you are not going to come for this test at least 24 hours in advance of your appointment. There are many patients on our waiting list that need this test, so please be considerate. There will be a \$100 no show fee.

We look forward to helping you overcome any difficulties that may be causing your problems while sleeping.

