

### Sleep Study Instructions

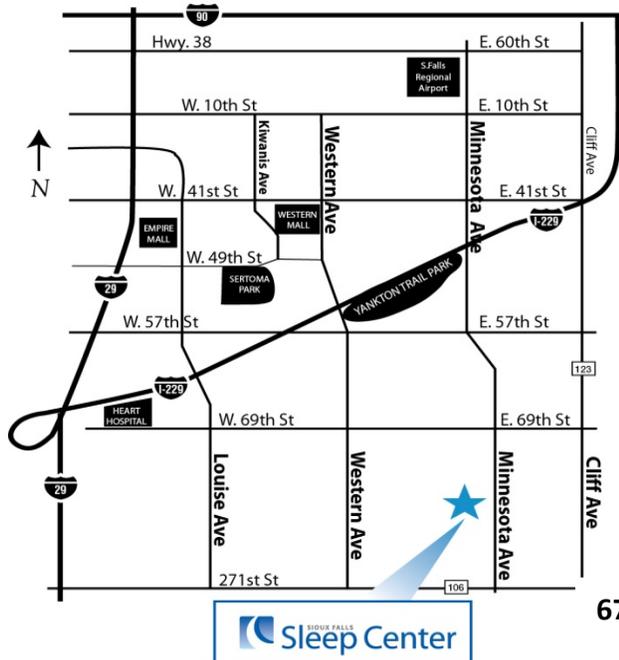
The following instructions are to ensure our office has the pertinent information for our records and to help ensure your night in the sleep lab is as comfortable and relaxing as possible.

1. Bring insurance and/or your medicare card with you.
2. Bring a list of any medications that you are taking.
3. Bring any medications that need to be taken during the sleep study. Sleep center staff **can not** administer any medications.
4. Bring pajamas or something to sleep in. Patients **must** sleep with pajamas or clothing on.
5. You must have clean hair and scalp when you come in for your sleep study. Do not use mousse, gels, hair spray, makeup or oils. Gentlemen **should shave** facial hair stubble; please do not shave off a beard or mustache just for the sleep study.
6. Testing will end at approximately 6:00 a.m.
7. Bring your own pillow/blanket. **(optional and for your comfort)**
8. **No** naps the day of testing.
9. **No** caffeine after 1p.m. This includes pop, tea and chocolate.
10. There are not televisions in the sleep rooms, but one is available in a commons area.

11. *You should contact your insurance company prior to your sleep study. Your insurance card should have a member services number on it. You will need to have the Procedure codes for sleep studies when calling. These are **95810** for an Initial (1st time sleep study) and **95811** for CPAP Titration study (second study done after 1st test proves positive for sleep apnea).*

12. Your room has a queen size bed, a fan, dimmer lights, and a personal restroom with a shower.

**You must ring the door bell upon entering the IMA building. Your technologist will buzz you in.**



**Please call in advance if a cancellation is necessary or any questions arise. The phone number is 1-800-888-1426. Thank you for allowing us to participate in your care.**

**6709 S. Minnesota Ave, Suite 215**