

SLEEP CENTER OF INDIANA

106th & North Meridian
Located at St. Vincent Heart Center of Indiana

Instructions for Sleep Study Patients

- Please plan to arrive 15 minutes prior to your appointment.
- Hair should be clean (no mousse, gel, hairspray, etc.).
- Men, if you shave, please make sure you are clean shaven. If you have a beard, you do not have to shave it off. Electrodes will be attached to your face.
- **DO NOT** nap and **DO NOT** consume alcoholic or caffeinated beverages 4-6 hours before your study.

PLEASE BRING THE FOLLOWING:

- If you have a favorite pillow, you are welcome to bring it.
- If you normally read before going to bed, please bring your reading materials. If you watch TV, you will have one in your room.
- Each room has a private, full bath. Please bring your personal care items to allow you to take a shower in the morning.
- Pajamas or T-shirt and running shorts
- A list of all medications.
- All medications that you take at night and morning.
- Completed registration packet

Complimentary coffee will be provided in the morning. Your study will be complete and you will be released around 5:15 AM. Your ability to drive is not affected by this study.