

THE ARKANSAS CENTER FOR SLEEP MEDICINE
500 South University Ave – DOCTORS BUILDING- STE 506
After hours technician telephone number is (501) 661-9444

You are expected to arrive at the sleep center precisely at 9:00pm. Bring this paper with you. We cannot accommodate patient arrivals before 8:30pm or after 9:30pm. Arrival after 9:30pm will result in having your sleep study rescheduled to another night.

Upon arrival to the sleep center you may request admittance to the facility by pressing and releasing the button labeled "Evening Sleep Patients" located near the right side front entrance doors. A sleep technician will respond to your page, identify you on camera, and allow you access to the sleep center.

We require a minimum of 24 hours advance notice if you must reschedule your sleep study to another date.

To reschedule your sleep study you may call either 501-661-9191 or 888-702-9191 between 8:30am and 3:30pm Monday through Thursday or before 11:30am on Fridays.

If you develop a cold, sinus infection, upper respiratory infection, or other significant illness before or on the day of your study, please contact our office immediately so that we can determine if it would be best to reschedule your sleep study.

Deleted: Failure to provide advance notice could result in a \$200.00 technical fee to cover the cost of staffing.

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INSTRUCTIONS AND PREPARATIONS FOR SLEEP STUDY

____ Avoid consuming anything containing caffeine (sodas, tea, chocolate) after noon the day of your sleep study.

____ You should finish dinner by 7:30pm the evening of your study. Please do NOT consume snacks after dinner before your sleep study. The snacks may prevent you from responding to medications we give you and disrupt evaluation and/or treatment of your sleep disorder.

____ Please shower before you arrive to the sleep center. Your hair and scalp must be clean and free of oils and gels. Do NOT have your hair professionally styled prior to your study. All wigs and weaves must be removed prior to the study.

____ Fingernail polish must be removed prior to the sleep study.

____ Wear clothing that is comfortable and will protect your privacy, the privacy of the technician, and the privacy of the other patients. Gym shorts and T-shirts are preferred. NO silk pajamas. Bring nightclothes, toiletries, and other items (book, pillows, etc.) that will help make you feel comfortable during your stay. Patients are welcome to shower in the morning following the study, prior to meeting with Dr. Wylie. Shampoo, conditioner, soap, and towels are provided. Any additional hygiene products should be brought with you, including hairdryers.

____ Bring any medications that Dr. Wylie has prescribed for you to the sleep study. Bring any medications normally taken at nighttime or early morning. Please do not take any nighttime sleeping medication, leg medication, or other bedtime medications prior to arrival to the sleep center. Ask your sleep technician if Dr. Wylie has approved any medication in question for use during your study. Continue to take ALL prescribed medications at their usual times the day of your study unless otherwise instructed by Dr. Wylie.

____ If you have diabetes we do suggest that you bring snacks that follow your dietary guidelines. Refrigeration is provided as necessary for insulin.

____ Juice, coffee, and breakfast snacks are available in the morning after your study.

____ We are a NON-SMOKING facility where oxygen is in use. If you must smoke while you are at the sleep center you will need to exit the building and go outside to a designated smoking area.

I have read and understand the above-mentioned guidelines for my sleep study.

(Study Participant's or guardian's signature)

(Today's Date)

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(Study Participant's name)

(Date of Birth)

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