



# PIMA LUNG & SLEEP, PC SLEEP CENTER

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Pulmonary Medicine, Critical Care Medicine & Sleep Disorders Medicine

## PATIENT INSTRUCTIONS

**PATIENT NAME:** \_\_\_\_\_

**APPOINTMENT DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **PM**

*You have been referred to Pima Lung and Sleep for sleep testing. Due to the unique care that we provide we ask that you call us as soon as possible if you are unable to keep your appointment at 520-229-8878. We have a voice mail available for after hours and will contact you to verify and reschedule your appointment. Our regular office hours are Monday through Friday 8:00am to 5:00pm.*

*Please arrive at your sleep study at 8:00pm, and your study will be finished by 6:00am. No one other than the patient will be allowed to stay at Pima Lung and Sleep the night of your testing.*

### What To Bring On The Night Of Your Sleep Study

- We do provide two pillows per room however if you need your own pillow to sleep please bring that with you.
- Current list of medications.
- Comfortable and modest sleeping attire such as pajamas, shorts or loose fitting sweat pants. (No elastic on bottom of pants.)
- Slippers are recommended also.
- Any type of pajamas is required.
- Personal toiletries.
- If you are currently using CPAP please bring your mask with you.
- Do not bring oxygen concentrators, these will be provided.

### SPECIAL INSTRUCTIONS

- After arriving at our office for your sleep study please go to the door on the left side of the building and press the button located on the box to the left of the door.
- Acrylic nails are OK for the sleep study however red nail polish must be removed.
- Bring reading material if you like to read before bed. There is no television provided.
- Avoid drinking any beverage that contains caffeine, which includes sodas, teas, and coffee at least 6 hours before the test.
- Take your normal medication as prescribed by your doctor. Any sleep aide that is prescribed by your doctor is to be brought to the sleep center and taken once you have arrived to the sleep center. Do not take any sleep aide and then drive to the sleep center.
- Your hair should be clean and free of any oils, dirt or gel. Hair should not be braided or styled to where a technician can't get to your scalp.
- No lotions or oils should be applied to your skin before the sleep study.
- Video cameras will be recording from the time you arrive to the Sleep Center until you leave for safety and test purposes.



[WWW.PIMALUNG.COM](http://WWW.PIMALUNG.COM) • 520-229-8878 • FAX: 520-229-9107

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