



PATIENT INSTRUCTIONS FOR CARDIORESPIRATORY SLEEP STUDY

In order to have the best chance of falling asleep during your nap study, please follow the instructions listed below:

We would like you to be slightly sleep deprived so you will be able to fall asleep during your nap study. Therefore, we ask that you please stay awake 1-2 hours later than usual the night before the test and/or get up 1-2 hours earlier than usual the morning of the test. Or you can rearrange your sleep pattern in order to make you sleepy enough for your nap.

WE RECOMMEND THAT YOU DO NOT DRIVE because you will be slightly sleep deprived. Please have someone drive you to our center and then pick you up after the test.

DO NOT TAKE A NAP prior to the test.

We recommend that you eat lunch 1-2 hours before your nap. This can sometimes increase your sleepiness. However, **AVOID ALL ITEMS THAT CONTAIN CAFFEINE SUCH AS COFFEE, TEA, CHOCOLATE, SOFT DRINKS.**

Allow 3-4 hours for your nap study appointment.

Wear loose, comfortable clothing.

Feel free to bring a favorite pillow or blanket.

Take medication as usual , with the exception of stimulant medication. Please wait to take stimulant medication until after the PAP-NAP. If you need to take medication during your nap study, please bring it with you.

If you think music will help you fall asleep, you may bring an IPod or CD player of your choice.

Good nasal breathing is very important for this nap study. Therefore, if you have allergies, please treat them as usual. If you have a cold or feel ill, we recommend you reschedule the test. Prior to your test, please watch Nasal Breathing Series on-line at www.sleep-treatment.com.

Your appointment date is: _____ at _____

I agree to the above instructions and will take all precautions necessary to safely arrive at Pima Lung and Sleep prior to my study.

Patient Signature (Responsible Party if Patient is a Minor) Date of Service

Witness Signatur

