



PIMA LUNG & SLEEP, PC

SLEEP CENTER

SLEEP LAB

AMITAB PURI, MD, FCCP, DABSM, FCCM
Pulmonary Medicine, Critical Care Medicine & Sleep Disorders Medicine

PATIENT NAME: _____

APPOINTMENT DATE: _____ **TIME:** _____ **PM**

(Please ring door bell upon arrival. Lights out/bed time will be at 10:30PM).

*** Please call 24 hours in advance if you need to cancel or reschedule your appointment***

Many of our patients have been helped to achieve some/all of the following positive results:

- The ability to sleep more soundly
- A significant decrease or elimination of snoring
- Waking up feeling more refreshed, and increased energy throughout the day
- A reduction in health risks, and overall improvement in health

INSTRUCTIONS

On the day of your sleep study:

- Refrain from taking any daytime naps.
- Refrain from drinking caffeine.
- When possible, please shower or bathe, and wash and dry your hair. After showering please do not apply any lotions or oils to the skin. clean hair and skin make for more accurate measurements for a good diagnosis.
- Eating dinner before you arrive is strongly recommended.
- Take your medication before arriving at the sleep lab. If you must bring medication with you, please be sure to bring it in the pharmacy bottle.
- Please note that smoking and visitors are not permitted in the sleep lab. If you have a medical condition that requires the use of a medical caregiver to accompany you, please contact the sleep lab to inform us of your medical condition and the name/company of your caregiver that will be attending you.
- Bring some comfortable clothes to sleep in, such as pajamas.
- Please bring with you your insurance card(s) and ID, so that we can make current copies.

FREQUENTLY ASKED QUESTIONS

- **What is a sleep study?** A sleep technologist will observe you while you are sleeping here at the Sleep Lab to determine if you have Obstructive Sleep Apnea, also known as OSA. OSA is a sleep disorder which causes a person to stop breathing while they are asleep. On your study night we will place electrodes around the head, face, chest, and legs so that we can see the efforts of each of these areas throughout the night.
- **What time will I leave in the morning?** Patients generally leave the sleep lab between 5:00-6:00AM the morning after their sleep study. Showers are available to patients who wish to use them prior to leaving.
- **What if I have to use the restroom?** Frequent night time use of the restroom is completely understood. Your technologist will be available via intercom at all times during the night for just such cases.

The results of your sleep study will be reviewed by Dr Amitab Puri at your next clinic visit.

Thank you for choosing Pima Lung and Sleep Center.



AASM Accredited Sleep Centers & Member

WWW.PIMALUNG.COM • 520-229-8878 • FAX: 520-229-9107

5310 N. LA CHOLLA BLVD. • TUCSON, AZ 85741

514 EAST WHITE HOUSE CANYON RD., STE 150 • GREEN VALLEY, AZ 85614