

## Thank you for choosing WhidbeyHealth Sleep Care

- **Location** - Your sleep test will be done in our Sleep Lab, located on the **side** of the WhidbeyHealth Goldie Road Building; follow the parking lot to the side of the building. There will be a sign above the double glass doors and a doorbell to let the technologist know you have arrived. You will be asked to verify your identity before admittance.
- **Cancelling or Rescheduling** - **We require 24 hours notice** for cancelling or rescheduling your sleep study. If you need to call the lab *the night of* your sleep study, call (360) 240-4082; otherwise, please call the main clinic.



- **Dinner** - Eat dinner at home as normal. Avoid caffeine after 12 p.m.
- **Shower** - Please shower and wash your hair before you come in. **Do not** use any hair conditioner or body lotion.
- **Pajamas** - make sure the pants or long shorts to the pajamas are loose and comfortable. Please **do not** bring bottoms that have elastic at the ankles.
- **Sleeping aid** - If your provider approved the use of a sleeping pill, you may need to have someone drive you home the next morning. Some people feel too drowsy to drive home.
- **Down time** - You will have time to relax and read a book or watch TV before your study begins to acclimate to a new setting.
- **Lights out** - The study is initiated at 10:00 p.m.; you will not be able to keep your cell phone or any other electronic device on, after this time.
- **Current CPAP User** - **Bring your mask, no other CPAP supplies needed.**

\*Sleep technologists will not have the results of the sleep study. All results will be given by your provider at a follow-up visit.\*

**\*We are a smoke free campus.\***

**\*After check in, leaving the building will terminate the study.\***