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.*