

## Sleep Study Prep Sheet

**Call as soon as possible if you are unable to make your appointment.**

**If you are scheduled for a CPAP study, a negative COVID-19 test is required before your appointment.**

### INSTRUCTION FOR THE DAY OF TESTING

- Do not drink caffeine 8 hours prior to testing
- Do not drink alcohol 8 hours prior to testing
- Do not take naps the day of testing
- Normal medication, unless instructed otherwise
- Normal meal
- Have clean and dry hair; please do not use hair spray or gel
- Take a bath or shower prior to testing
- Please remove all fingernail polish

### WHAT TO BRING

- Your insurance cards and photo ID (a copy will be retained)
- **Completed** enclosed questionnaire
- Bring your own toiletries, sleepwear and slippers
- Bring your own maintenance medication or take before you come
- If you were prescribed a sleep aid, please bring it with you; **DO NOT** take it before you arrive
- You may bring reading materials if you wish
- You may bring your own pillow and blanket
- If you are on CPAP, please bring your own mask
- If you are on CPAP and staying in guest lodging, please bring your own CPAP unit (hose, headgear, mask etc.)
- If you are on oxygen and staying in guest lodging, please bring your own oxygen tank and supplies

### GENERAL INFORMATION

- If you have an illness (even a cold) please contact the Sleep Center at 319-339-3625.
- The test will be completed between 5-6 a.m. the next morning.
- A guest room is available for a minimal cost. Please call 319-339-3659 for arrangements
- **Please park in the Emergency Room parking lot on the north side of the hospital. Entrance is off Bloomington Street. The skywalk access into the hospital closes at 5:30 p.m.**