

# Make Your Sleep Study a Success



Before  
You  
Arrive

SHOWER, WASH YOUR HAIR, AND PLEASE BE CLEAN SHAVEN - Unless you have a beard or mustache.  
REMOVE FINGERNAIL AND TOENAIL POLISH, GEL NAILS, or ACRYLIC NAILS - Bare nails are required for accurate oxygen readings - a critical element of your study.  
REMOVE TOUPEES, HAIR WEAVES/EXTENSIONS AND WIGS - The conductive paste used to apply the leads may not adhere to the product and could cause damage.



3 Hours  
Prior to  
Your Study

AVOID APPLYING BODY, HAIR AND HAND LOTIONS/OILS - They prevent the leads from attaching properly to your scalp and body which causes unnecessary delays for you as they must be scrubbed off before your study begins.  
EAT YOUR REGULAR MEALS  
AVOID CAFFEINE  
ALCOHOL- We recommend that you avoid alcohol prior to any sleep study. In order to participate in your in lab sleep study, you need to be in a functional and alert state upon arrival. If you consume alcohol on a daily basis, please do not abruptly discontinue all alcohol consumption. Alcohol cannot be consumed on our premises. If you consume any alcohol on the day of your study, for your safety, please arrange for someone else to drive you to and from our facility. If you arrive in an impaired state, we will not perform your sleep study.



Avoid  
Common  
Sleep Study  
Mistakes

DON'T NAP THE DAY OF THE STUDY - We want you to get the best sleep possible during the study.  
DON'T BRING YOUR OWN BEDDING - No outside blankets or pillows are allowed.  
DON'T COME WITH GEL NAILS, NAIL POLISH, OR ACRYLICS - You'll be asked to reschedule. Oxygen sensors require bare nails.  
DON'T WEAR A NIGHTGOWN OR SLIPPERY MATERIAL SLEEPING ATTIRE - Wear comfortable, loose-fitting two-piece sleepwear. Lounge shorts/pants and a t-shirt or a two-piece pajama set are required.  
REFRAIN FROM USING YOUR CELL PHONE/ELECTRONIC DEVICE - They interfere with your ability to sleep and conduct an accurate test. Your technician will strongly encourage you to turn off ALL electronic devices when your sleep study begins.



What to  
Bring

A GOVERNMENT-ISSUED PHOTO ID - Driver's License or Passport  
PRESCRIPTIONS & YOUR USUAL OVER-THE COUNTER MEDICATIONS - Bring all prescription and non-prescription medications (like Tums or Aspirin) taken in the morning or before bed. We are not permitted to dispense any of these medications to you.  
TOILETRIES - Bring all items you need prior to bedtime (toothpaste/toothbrush, hairbrush) and after the study (shampoo/conditioner, lotions or oils). Your room may have a private bathroom with a shower if you previously request it. If you need to go somewhere directly after the study, please be prepared to shower. The conductive paste leaves residue behind on your hair, scalp and body.  
SNACKS - If desired, you may bring snacks and drinks (no caffeine or alcohol) for consumption prior to your sleep study.



**If you cannot attend your appointment, please call our office at least 24 hours in advance to reschedule.  
Missed sleep study appointments without notification may result in a \$100.00 fee.**

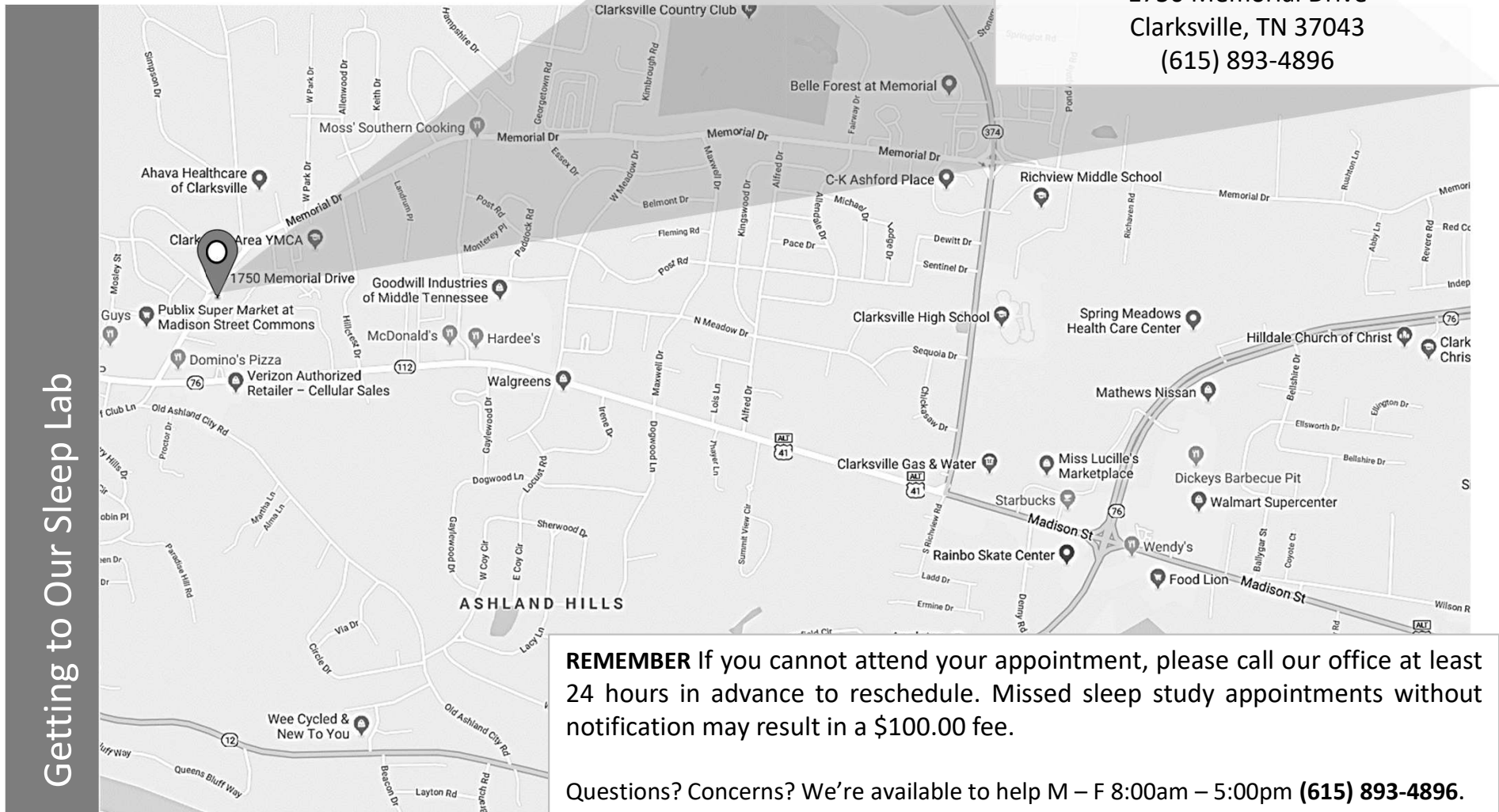
Questions? Concerns? We're available to help M - F 8:00am - 5:00pm (615) 893-4896.

## Directions from I-24

- Take **Exit 11** for TN-76 W/MLK Pkwy. toward Clarksville
- Head west on **TN-76 W/MLK Pkwy.** for approx. 1.3 miles
- Turn right onto **Memorial Dr.**
- Turn left to stay on **Memorial Dr.** (your 1<sup>st</sup> left)
- In 3.8 miles, our office will be on the left
- Sleep studies are conducted upstairs (use front doors)



Sleep Centers of Middle Tennessee  
1750 Memorial Drive  
Clarksville, TN 37043  
(615) 893-4896



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