

Erlanger North SLEEP DISORDERS CENTER

628 Morrison Springs Road, Ste. 300
Chattanooga, Tennessee
423.778.3316

(Sleep study instruction)

TEST DATE(S): _____ AND _____ ARRIVAL TIME: **7 – 7:30 p.m.**
Follow-up Date: _____ Time: _____

Paul Bates, PA-C / Tareck Kadrie, M.D.

****Please call (423) 778-3316 to confirm your test date by noon the day BEFORE your scheduled date. You may be subject to a \$50 cancellation fee if you cancel/reschedule your appointment with less than 48 hours notice. You may be subject to a \$100 No Show fee if you do not show for your scheduled appointment****

*****ERLANGER NORTH IS A SMOKE FREE AND FIREARM FREE CAMPUS*****

SPECIAL INSTRUCTIONS: *If you have difficulty with sleepiness while driving, we recommend that you have someone to provide transportation for you to and from the sleep center. If you have a living will, please bring it with you.*

*****For minor children or disabled individuals a guardian/caregiver must remain in the center during testing.*****

- ❖ Bring something comfortable to sleep in and your own pillow and/or blanket if desired
- ❖ Bring medications that you need during testing, also please bring a list of your medications.
- ❖ Avoid using any lotion, oil or powder on your skin or scalp, deodorant can be used. Please avoid the use of any hairspray/oils, teased or braided hair. Also NO HAIR WEAVES.
- ❖ We need at least one finger free of acrylic nails and dark or red polish
- ❖ For men, unless you have a beard, shave the day of testing
- ❖ Cable TV and WiFi are available
- ❖ Please do not bring valuables
- ❖ Please eat supper before coming and bring any snacks you might want before bedtime
- ❖ **On the day of your test, please refrain from the following:**
 - ❖ **Caffeinated beverages (coffee, tea, colas) after noon**
 - ❖ **Alcoholic beverages**
 - ❖ **Any daytime naps**

WHAT TO EXPECT

Because we will be monitoring several things during the night numerous sensors will be attached to you. Normally "lights out" is at 10 p.m. In the morning you will be free to shower and ready to leave by 6 a.m. unless your physician has ordered additional testing.

DO YOU HAVE QUESTIONS?

If there are any questions or you need additional information, please feel free to contact the SLEEP CENTER at (423)778-3316 between the hours of 8:30 a.m. and 4 p.m. Monday-Thursday and 8:30 a.m. to 12 noon on Friday.

Thank you for choosing Erlanger North Sleep Disorders Center for your Sleep Study.