

ERLANGER NORTH

SLEEP DISORDERS CENTER

628 Morrison Springs Road, Ste. 300

Chattanooga, Tennessee

423.778.3316

Sleep Study Instructions

****Please call (423) 778-3316 to confirm your appointment by noon the day BEFORE your scheduled date.**

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

The Sleep Center located at the back of Erlanger North Hospital in Redbank.

SPECIAL INSTRUCTIONS:

- *If you have difficulty with sleepiness while driving, we recommend you have someone provide transportation for you to and from the sleep center.*
- *If you have a change in insurance, please notify us as soon as possible. Many insurances require prior approval before testing.*
- *If you have a living will, please bring it with you.*
- *For minor children or disabled individuals, please notify our staff in advance, so we can make appropriate accommodations. A guardian/caregiver must remain in the center during testing.*

- ❖ Bring something comfortable to sleep in.
- ❖ You may bring your own pillow and/or blanket if desired.
- ❖ Bring any medications you need during your time at the sleep center. Please bring a list of all of your medications, including over-the-counter medications and supplements.
- ❖ Avoid using any hairspray, other hair products, lotion, oil or powder on your skin or scalp the day of testing; deodorant may be used. Please avoid teased or braided hair. Also avoid hair weaves.
- ❖ We need at least one fingernail free of acrylic and dark or red polish.
- ❖ For men, unless you have a beard, please shave the day of testing.
- ❖ Cable TV and WiFi are available.
- ❖ Please do not bring valuables.
- ❖ Please eat supper before coming to the sleep center. You may bring snacks, but again, avoid caffeine.
- ❖ **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

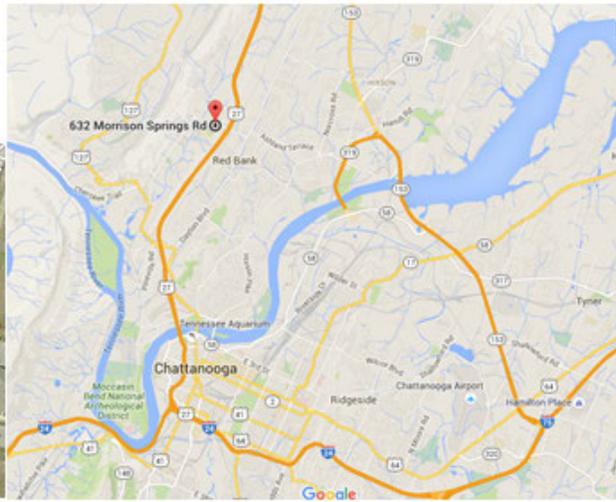
Because we will be monitoring several things during the night numerous sensors will be attached to you. Normally "lights out" is by 10 p.m. In the morning you will be free to shower and ready to leave by 6 a.m. unless your physician has ordered additional testing. (If you need to be awakened earlier, please notify your technologist upon arrival).

DO YOU HAVE QUESTIONS?

If you have questions or 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.

Erlanger North Sleep Disorders Center Parking



Erlanger North Sleep Disorders Center
628 Morrison Springs Rd.
Chattanooga TN, 37415

From Chattanooga:

Take I-75 South to I-24 West to US-27 North

Approx 5 miles after you go over the river, take the Redbank / Morrison Springs Rd. exit.

Go left at the bottom of the ramp (back under the Highway)

At the second traffic light take a left onto Tom Weathers Dr. Our parking lot will be on the right across from the swimming pool.

The Sleep Disorders Center is located just off of the elevator on the 3rd floor.

From Soddy-Daisy:

Take US-27 South toward Chattanooga

Take the Redbank / Morrison Springs Rd. exit.

Go right at the bottom of the ramp

At the first traffic light take a left onto Tom Weathers Dr. Our parking lot will be on the right across from the swimming pool.

The Sleep Disorders Center is located just off of the elevator on the 3rd floor.