

# **SLEEP STUDY INSTRUCTIONS**

Arrival Time: **7:15pm** for home testing pick up **7:30pm** for In-lab studies. Pick up **5:30am**

**Address:** McAlester Regional Hospital One E. Clark blvd , McAlester, OK 74501

Upon arrival, please check in to the Emergency Room

**After hours line:** 918-986-4545 **Management:** 918-289-4244

In the event of a last-minute cancellation 918-728-7552 and leave a voicemail regarding your appointment. We will contact you the following business day.

Please bring all your necessary medication with you. We have storage available for refrigerated medication upon request. **DO NOT TAKE SLEEP AIDS OF ANY KIND BEFORE ARRIVAL.**

## **Please adhere to all hospital protocols as follows:**

1. Only one guest per patient.
2. Please eat your large meal before arriving. A light snack is permitted.
3. Please avoid caffeinated beverages the day of your study. If you must have a morning coffee that is fine but refrain from excessive consumption.
4. All minors under the age of 18 year must always have 1 adult (parent or guardian) present. They cannot be left unattended at any time while on hospital grounds.
3. If you require any special assistance getting to and from the restroom, or in and out of bed you must bring 1 person to assist you. We are not permitted to assist with special needs.
4. If you require Oxygen, please bring your tank with you. Please understand you will not be able to use your oxygen during your study until you desaturate below 85% for more than 15 consecutive minutes. We do have oxygen on site if needed.
5. We do not allow outside blankets or pillows due to health reasons. We want to maintain a safe and clean environment for all patients.
6. Please do not use heavy lotions or oil on your skin the day of your study. Please do not get your hair permed or dyed, permed, or relaxed at least 72 hours before study. Also avoid using gels and hairsprays in excess.
7. If you need to shower the next morning, please bring toiletries.
8. You can wear whatever you typically wear to bed.

