



FIRST COAST CARDIOVASCULAR INSTITUTE

Overnight Sleep Study Instructions

Patient: _____

Appointment Date: _____ Appointment Time: _____ 8:00 PM

*** Please arrive at your scheduled appointment time.

*** Per cancellation policy, a cancellation fee of \$200.00 will be applied to your appointment if you have not informed us of the need to cancel or reschedule within a minimum of 48 hours prior to your scheduled appointment date & time.

Locations:

Fleming Island Laboratory

1681 Eagle Harbor Parkway East, Suite B
Fleming Island, FL 32003
Nighttime phone: (904) 493-5363
Daytime Phone: (904) 493-3333
* Ring bell at **main entrance** of building

AC Skinner Laboratory

7011 AC Skinner Parkway, Ste 160
Jacksonville, FL 32256
Nighttime phone: (904) 854-2540
Daytime phone: (904) 493-3333
* Ring bell at **side entrance** of building
(Cath lab & Sleep lab entrance)

Dear Sleep Disorders Center Patient:

Your doctor has scheduled you for a sleep study at one of our sleep disorders laboratories. We have two state of the art facilities for your convenience.

The Sleep Study:

A sleep study involves sleeping overnight at the laboratory. You will have several small sensors and different types of monitors taped and glued to parts of the body including your scalp, which provides information about your sleep and allow us to diagnose potential sleep disorders. A highly skilled technologist will monitor your sleep throughout the night. Depending on the results, you may need to return for a follow up test to treat your issues. Your results are typically available in 1 week and will be reviewed with you during a follow up appointment with either your referring physician or our board certified sleep physician.

Arrival & what to expect:

- We are an outpatient testing facility and DO NOT provide nursing services. If this is required, please contact us immediately.
- Family members and/or friends are NOT permitted to stay with you unless deemed medically necessary or special circumstances that have been pre-approved.

- Arrive to the center at your scheduled time as this is an important and time consuming study. The technologist will explain the details and prepare you for your sleep study.
- There will be some paper work to fill out before the technologist begins applying sensors to your body. This will take anywhere between 30-40 minutes. Monitoring will begin shortly after sensors have been applied (as early as 9:00pm, but no later than 11:00pm). Your study will conclude approximately 5:00am and you will be discharged no later than 6:00am. We can wake you early upon request.

Transportation:

If someone drops you off or you are taking alternative city transportation, be sure to have your ride available no later than 6:00am the following morning.

What Should I Bring?

- Prescription and non-prescription medication.
- Pajamas, or loose fitted clothes. You can wear gym or regular shorts. Sleep clothing must be worn. We do not provide these for you. Women-Do not wear silk tops or robes.
- You may bring your own pillow from home.
- Toiletries (tooth brush, mouth wash, etc.)
- Day of your study Do's and Do not's:
- Make sure you eat your dinner before arriving.
- Do not take naps the day of the study.
- Do not drink any caffeine after 12:00 noon. This includes: coffee, tea, chocolate or soda. You may drink decaffeinated products but please limit your fluid intake.
- Do not drink alcohol at least 12 hours before your study.
- Wash and dry your hair and face before the study.
- Do not use hair gel, mousse, or body lotions on any part of your body prior to your study.
- Men... if you typically shave, please do so before arriving to remove facial stubble. You may be asked to shave if this is not done.
- Hair piece, weaves, wigs, Acrylic Nails should be removed.

Special needs:

If you currently have any of the times listed below or have any other specific needs, PLEASE call the sleep center as soon as possible.

- Wheelchair
- Special bed/ Cannot get in or out of the bed on your own
- Incontinence issues.
- Personal Care Assistance/ Nursing Care.
- Instability, walking on own.

If you have any of questions prior to your study you may reach a sleep technologist by calling (904) 854-2540 in the evening. Please leave a message if there is no answer and we will call you back. You can also reach the main scheduling office by calling (904) 493-3333 or South sleep lab at (904)854-2540 during normal business hours(8:30am-5:00pm) Monday through Friday.

Thank you for choosing First Coast Cardiovascular Institute Sleep Disorders Center!