

Dearborn Sleep Lab
Division of Millennium Medical Group South, P.C.

Dear Patient:

Thank you for choosing the Dearborn Sleep Lab (DSL), A Division of Millennium Medical Group South, P.C., for your diagnostic needs. You have been scheduled for a sleep study on _____

- Please contact us 48 hours prior to your scheduled date to confirm your appointment.
- You need to arrive for your test between 8:45 and 9:00 PM. You will be leaving by 6:30 a.m. the next morning unless a day study is indicated. If so, you will be here until 4:00 PM the following day.
- **If your insurance carrier requires a referral or authorization, you MUST call your primary care physician. (Example: Blue Care Network, Total Health Care, Great Lakes, Midwest, etc.)**
- If you are currently using CPAP or BIPAP, bring your mask and headgear with you--not the machine.
- Wash and dry your hair prior to arriving. Do not use conditioners or other hair products. Men without beards should shave. Women should refrain from wearing makeup.
- Bring something loose and comfortable to sleep in (**patients will NOT be allowed to sleep only in their underwear**). There is a television in each room and wireless internet is available.
- Try to maintain your usual daytime schedule. Avoid any unusual physical exercise or heavy meals. **DO NOT TAKE NAPS** on the day of your test.
- This is an outpatient test; therefore, nursing services and medications are not provided. If you take medications, bring them with you and take them as you would at home. Contact your physician if you have any questions regarding taking your medications before testing.
- Avoid alcoholic beverages on the day of your test and avoid caffeine after 5:00 PM. There is no smoking permitted in the building.
- A questionnaire and two week sleep log are enclosed. Please bring the completed forms, your insurance card(s), your picture ID, and the prescription from your doctor with you the night of your study. We **MUST** see your ID and insurance cards to perform your test.

Anyone with a language barrier or that requires assistance in taking medication, mobility, dressing, or bathroom needs MUST be accompanied by a caregiver, at least 18 years old, that will be required to stay with the patient throughout the ENTIRE test. Also, please notify us prior to your test if you have any special dietary requirements.

Please feel free to contact us Monday through Friday between 8:00 AM and 3:30 PM if you have any questions.

Due to the length and intense monitoring required for this test, 24 hours advance notice is required if you cannot keep your appointment. <i>Failure to do so may result in a \$100 no show fee.</i>
