

Dearborn Sleep Lab
Division of Millennium Medical Group South, P.C.
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**IMPORTANT – PLEASE TAKE THE TIME TO READ
INSTRUCTIONS FOR THE DAY OF YOUR TEST**

Things to Bring:

You **MUST** bring your insurance card(s), your picture ID, and the prescription from your doctor with you the night of your study.

- ✓ Please bring the completed questionnaire and sleep log enclosed in this packet with you to the appointment.
- ✓ Bring your nightclothes and personal toiletries with you. Some suggested items you might want are: robe, pajamas, slippers, toothbrush, shampoo, shaving cream, razor, etc. **(Patients will NOT be allowed to sleep in only their underwear.)**
- ✓ There may be times during your stay when you will not be tested. Please bring something to do during those times. You may want to bring reading material, playing cards, crafts, handwork, etc. Television and wireless internet service is also available. Job related material is discouraged before bedtime.
- ✓ This is an outpatient test; therefore, nursing services and medications are not provided. If you are taking any medication (prescription or over-the-counter), please bring them with you and take them on your regular schedule, unless otherwise ordered by your physician. Contact your physician if you have any questions regarding taking your medications before testing. This is considered an out-patient test; therefore, we do not provide nursing services and do not dispense medications. **It is very important that if you take a sleep aid, that you DO NOT take it before leaving home. Sleep aids should only be taken AFTER you arrive for your test and only if needed.**
- ✓ If you are currently using CPAP or BIPAP, you will need to bring your mask and headgear with you--not the machine.

Additional Instructions

- ✓ 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. In order for electrodes to adhere correctly, skin needs to be clean and dry.
- ✓ 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.
- ✓ Avoid alcoholic beverages on the day of your test and avoid caffeine after 5:00 PM. There is no smoking permitted in the building.