

**BOICE SLEEP DISORDERS LABORATORY
NAVAL MEDICAL CENTER PORTSMOUTH
BUILDING 3, 5TH FLOOR, PORTSMOUTH, VA 23708
(757) 953-7781/5694/5695 - FAX: (757) 953-7792**

NAME: _____ Last 4 of SSN: _____ DOB: _____

APPOINTMENT DATE/ TIME: _____ AT _____ 2000 _____ HOURS

In order to help your stay at the Sleep Lab to be as comfortable as possible and to obtain the best sleep study possible, the Sleep Lab Technical Staff has established the following guidelines:

1. **DO NOT USE CAFFEINE OR ALCOHOL AFTER 1500 HOURS** on the day of your study. Do not change your daily food habits. **DO NOT TAKE ANY NAPS ON DAY OF STUDY.**
2. Please notify the Sleep Lab if you have a cold, sinus or ear infection.
3. Please shower and shave before coming in for the study. Full beards, goatees, or moustaches are permissible. Hair must be clean and dry. No hair extensions or corn rolls from the scalp. **NO CONDITIONERS IN HAIR OR GEL AFTER SHAMPOOING. NO OILS, LOTIONS OR CREAMS ON BODY.**
4. Discontinue sleep-related medications **ONLY** as directed to do so by a Physician from the Sleep Clinic. Please bring a list of any medications and the dosage that you are currently Taking. **BE SURE AND BRING ALL MEDICATIONS THAT YOU WILL NEED.**
5. Please bring your normal sleep attire with you. We prefer men to wear T-shirt and shorts or pajamas. Women - **NO NIGHTGOWNS PERMITTED.** Two-piece nightwear is recommended, i.e., (T-shirt and shorts, leggings).
6. Please feel free to bring preferred pillow or blanket, or anything else that would make you feel more comfortable and help you to sleep. We ask that you please remember to take those items home, as they will be donated to Navy Relief if left here longer than a week.. **SLEEP STUDIES USUALLY END AROUND 0600 THE NEXT MORNING.**
7. We would very much appreciate you calling the Sleep Lab a day or two before your appointment date to confirm the appointment. Most importantly, if for any reason you feel you might be late or especially if you cannot make this appointment, **PLEASE GIVE OUR LAB A CALL AS SOON AS POSSIBLE at (757) 953-7781/6142** If you should have any questions or need directions to our lab, please give us a call.

Thank you.

THE BOICE SLEEP LAB

SIGNATURE and DATE