

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

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

APPOINTMENT DATE/ TIME:

MWT: _____ BETWEEN 0715 - 1700 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** on the day of your study. **DO NOT DRINK COFFEE THE MORNING OF YOUR STUDY.**
2. Give yourself adequate time for sleep on night prior to the study.
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 wear loose fitting street clothes for your appointment.
6. **You will need to either bring your own food or go get your meals.** If you do bring your own food, make sure you do not bring anything with caffeine or turkey products. We have a refrigerator and microwave oven for your use.
7. Please bring something to keep you busy during the study (lap top, book to read, something to work on, etc.) Your study will end approximately at 1500 hours.
7. We would very much appreciate you calling the Sleep Lab **TWO DAYS** 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) 953-7781/5694** If you should have any questions or need directions to our lab, please give us a call.

SIGNATURE/DATE