

APPOINTMENT DATE: \_\_\_\_\_

**TREASURE COAST SLEEP DISORDERS, LLC**

Please report to 1380 NW Federal Highway, Stuart at approximately 8:00 p.m. We are in the Condon Jewelers building just North of the Roosevelt Bridge. Directions are on the following page. There is a sign out front and the glass front door is lettered. You can park in our secure video-monitored parking lot.

Usual wake up time is approximately 6:00 a.m. If you need to wake up at an earlier time, please discuss this with the technician and we will accommodate you to the best of our ability. We have shower facilities, in case you want to shower before you leave.

Attached is a sheet advising what items you may want to bring with you to the lab. Men, please shave your face before coming in. You do **not** have to shave off your beard. Ladies, please do not wear any dark color nail polish on your fingers as the probe cannot "see" through it. We have televisions in each room with DVD players, or if you prefer you can bring a book. If you are partial to a favorite pillow, please bring it with you as it may make you more comfortable. If you are used to having a snack before bedtime, please bring that also. We do have a small refrigerator and microwave if needed. Bring the enclosed questionnaire with you the night of the study along with your insurance cards and driver license so we can make a copy for your chart.

Please do whatever you would normally do during the day of your study. If you have one or two cups of coffee or tea in the morning, that's fine. However, please no caffeine after noon. That includes coffee, tea, soda and chocolate. Decaffeinated drinks are fine. **NO NAPS!** We need you to be able to sleep when you come in. If you take a prescription or over the counter sleep aid, please bring it with you, but alert the staff of what you are taking and when. It needs to be documented in the chart. If you take any medication to help you maintain wakefulness (Provigil, modafanil), **DO NOT** take it for two days before the study.

If you need to cancel or reschedule, we require 24 hours notice. If you cancel with less than 24 hrs notice or you simply do not show for your scheduled appointment, an administrative charge of \$50 will be billed directly to you. To change an appointment, please call 232-9990 (If after regular business hours, please leave a message).

If you have had a sleep study done in the past, please let us know where and when so we may obtain a copy of this report for comparison.

There may be an additional charge from the Interpreting Physician which will be billed to your insurance company separately. Please bring in your co-payment the date of the study. If you are unsure of your co-payment, please call and we will let you know. The technicians will place it in a secure deposit box.

**Please note:** Because of limited space, we are unable to store patient belongings left in the lab. If you notice that something was left at the lab, please call immediately and arrange for pick up.

We look forward to seeing you and performing your sleep study.  
If you have questions after reading this information, you can reach us at 232-9990.