

APPOINTMENT DATE: _____

ITEMS YOU WILL NEED OR MAY WANT TO BRING:

- ☺ Something comfortable to sleep in (shorts, T-shirts...)
- ☺ Your own pillow (it sometimes may you more comfortable)
- ☺ A written list of all medications you take, plus the actual medications if you need to take them while you are here. (Please tell us beforehand if you take any medication to sleep, wake up, or for PLM or RLS).
- ☺ Reading material if you do not want to watch TV
- ☺ Clothes for the next day
- ☺ Toiletries/shaving kit
- ☺ Insurance cards and driver license
- ☺ Snacks or drink (remember - caffeine free)
- ☺ Prescription from the doctor (if given to you)