

Treasure Coast Sleep Disorders, LLC

Report to: 1380 Federal Hwy., Stuart, FL 34994

(Directions are on the back side of this page)

Appointment Date: \_\_\_\_\_

**Arrival time: 7:30-7:40 PM \*\*No need to arrive any earlier, thank you\*\***

The test will commence at approximately 10:00 to 11:00 PM. If you need to go to bed sooner than the said time please let your scheduler or technician know. Usual wake up time is approximately 6:00 AM the very next morning of your study. If you need to be up and out by a certain time, please discuss this with the technician the night of.

*Please bring the enclosed questionnaire and forms with you the night of the study along with your Insurance card(s) and Driver's license so we can make a copy for your chart.*

If you are being picked up please make arrangements to be picked up by 6:15AM.

**MEN**: Please shave your face before coming in. You do not need to shave your beard off, just keep in mind we need the electrodes to stick to your face. You must bring to wear a loose-fitting T-Shirt and shorts for the testing.

**LADIES**: Please do not wear dark nail polish on your nails. The finger probe cannot "see" through it. You must bring with you to wear either a loose night gown or a loose-fitting T-Shirt and Shorts for the testing.

***Please:*** \*\*\* NO CAFFINE after 12:00 noon the day of your study.

**This will include: NO: Chocolate, Coffee, Soda, Tea**

\*\*\* NO NAPPING after 12:00 noon the day of your study.

\*\*\* NO wakefulness medications TWO days prior to the study.

\*\*\* You MAY NOT sleep in just your undergarments or nothing at all.

**We require you to wear full sleeping apparel.**

\*\*\* Please have a nice meal BEFORE arriving as we do not serve any food.

Alert the technician if you are taking a SLEEP AID or any other medication that may makes you tired so the technician can time it so you do not fall asleep before the start time of the study.

Cancellation/No Show

If you must cancel your appointment please give us a 24-hour notice. If you do not cancel your appointment with in that time or simply no show, a \$50.00 fee will be directly billed to you.

There may be an additional charge from the interpreting physician that may be billed separately.

Accepted forms of payment: VISA \* MasterCard \* Discover \* Diners Club \* JCB \* American Express \* Cash \* Check

If you have any questions or concerns place call 772-232-9990 or 772-336-2770.

## **Treasure Coast Sleep Disorders, LLC**

### **Directions to our STUART location 1380 Federal Hwy., Stuart, FL 34994**

#### **If you are coming from the North:**

Take U.S. Highway 1 South. You will pass the Treasure Coast Square Mall and the Target Store. Keep heading south. The second light after the Target is the intersection of U.S. Highway 1 and Baker Road. There will be a Publix grocery store on your Left. On your Right, you will see the Condon Jewelry store. Under their marquee you will see our sign that reads: Treasure Coast Sleep Disorders. You are able to turn right on Baker Road and go around the empty lot towards the Jewelry Store. You may also turn on 13<sup>th</sup> street just past the empty lot. The parking lot is in the rear of the jewelry store; this is where you will see our doors. Follow the signs for sleep lab.

#### **If you are coming from the South:**

Head North on U.S. Highway 1. Go over the Roosevelt Bridge. The ***THIRD*** traffic light from other the bridge is Baker Road. To your right there is Arrant's Garden Center (They have pottery outside by the road). To your left you will be able to see the Condon Jewelry Store. Our sign is under their marquee that reads: Treasure Coast Sleep Disorders. You will be able to make a Left onto Baker Road and go around the empty lot towards the Jewelry store. You may also make a U turn and make your immediate right onto 13<sup>th</sup> street. The parking lot is in the rear of the building, where you will see our doors. Follow the sign that says Sleep Lab.

\*\* We offer 24-hour video surveillance in our well-lit parking lot.

### **ITEMS YOU MAY WANT TO BRING**

- Your own pillow or blanket (your own may make you more comfortable)
- Reading material
- A tablet or Laptop
- Clothes for the next day
- Toiletries (Toothbrush, toothpaste etc.)
- Your own snacks or Drink (Caffeine free)
- A written medication list if you did not fill it out on the questionnaire