

Treasure Coast Sleep Disorders, LLC

Report to: 188 N.W. Central Park Plaza, Port Saint Lucie FL, 34986  
(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.

During all overnight studies we will be applying numerous "sticky leads" to your head.  
**Please make sure we are able to have access to your entire scalp.**

**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:** 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 SLW location 188 N.W. Central Park Plaza, Port Saint Lucie FL, 34986**

#### **If you are coming from North or South I-95:**

Get off at Exit 121 Saint Lucie West Blvd., head EAST on S.W. Saint Lucie West Blvd. You are going to turn LEFT (North) onto N.W. Country Club Drive. Make a RIGHT at the 1<sup>st</sup> street, Central Park Plaza, then right into the parking lot. Ours doors are in front of the 2 handicap spots.

#### **If you are coming from North or South US Highway 1:**

Head West on Prima Vista Blvd. Continue West on Prima Vista Blvd. (Passing Airoso and Bayshore). You will go over the big Bridge which then turns into Saint Lucie West Blvd. Here you will pass by Publix on your right as well as Burger King. Turn RIGHT/North at the light that reads Country Club Drive. Make your very first RIGHT into the first plaza entry. We are located in the first cluster of buildings on the left in the plaza. Ours doors are in front of the 2 handicap parking spots.

\*\*We have a 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