



PREPARE FOR YOUR VISIT

PAPERWORK REQUIRED:

- Fill out all paperwork in the New Patient Paperwork section to bring with you for your first visit:**
 - Acquaintance form
 - Admissions Questionnaire
 - Patient Disclosure and Authorizations
 - Privacy policy
 - Release of Medical Records (if applicable)
 - Minor Patient Authorization (if applicable)
- Bring your insurance card with you each time you come to your visit
- Bring in a list of all medications you are currently on and the dosage
- Bring any referrals you may have been given from your referring physician
- Come prepared. Make a list of questions you would like to ask your sleep specialist. They can be general questions or questions that concern your specific sleeping habits. Many people come to the office and are nervous or forget what they wanted to ask.

PREPARATIONS FOR A STUDY:

- Your hair should be clean and “undone”.
- Pack as if you were spending the night in a hotel (soap and shampoo are provided).
- Pack toiletries such as deodorant, toothbrush and toothpaste.
- Eat a meal before you arrive. We have snacks and caffeine-free drinks.
- No caffeine after 9 am the day of the test.
- Bring all medications you normally take at night and first thing in the morning.
- Bring comfortable clothing (P.J.'s, sweats, NO SILK OR SATIN, etc.).
- We do have cable or satellite TV, but you may bring reading material, handiwork, etc.
- Pillows are provided but you may bring your own pillow, if you wish.
- Arrive by 7:30 pm (unless otherwise instructed).