

LUNG, ALLERGY AND SLEEP MEDICINE CENTER
27901 Woodward Ave, Ste 220, Berkley, MI, 48072 Phone: 248-556-5582 Fax: 248-850-7142

HST SLEEP STUDY INSTRUCTIONS

Patients who do not cancel their appointment within 48 hours of their test time or if they do not show up for their appointments are subject to a \$100.00 cancellation fee. If patient is sick and cancel less than 48hrs of their test time, please provide doctors note to be excused from your cancellation fee.

- **Your scheduled arrival time is 8:30 PM. Do not arrive early. Please be seated in the lobby of our suite until the sleep tech comes to get you.**
- **Please wear your sleep shirts when you come for your appointment.**
- Please bring the equipment the next day by 10AM
- **Bring your insurance cards and a photo I.D**
- Bring your credit card for deposit purposes should the equipment be damaged or not returned.
- Do not consume any caffeine after 1pm on the day of your study.
- We suggest you eat dinner as normal but please refrain from alcohol.
- Do not take any naps on the day of your study.
- Please wear the shirt you will be sleeping in because once the equipment is on you, you cannot take it off.
- Upon completion of your study, a sleep specialist will interpret your results. Your results will be given to you at your follow up appointment with your doctor. If you do not have one, please call the office to schedule an appointment.
- If you are unable to keep your sleep study appointment, please let us know as soon as possible so that we may reschedule you.

Signature _____ Date _____