



# Michigan Heart Sleep Center

## **MICHIGAN HEART SLEEP CENTER**

760 W. Eisenhower Pkwy  
Ann Arbor, MI 48103  
Phone: (734) 622-8460  
Toll Free: 866-363-7535  
Fax: 734-622-8497

## **INSTRUCTIONS FOR SLEEP STUDY PATIENTS**

(anyone age 17 or under must be accompanied by a LEGAL Guardian)

Please plan to arrive no earlier than 15 minutes prior to your Appointment

Hair should be clean (no mousse, gel, hairspray, etc.)

Men, if you shave, please make sure you are clean shaven. Electrodes will be attached to your face. A clean shaven face will make it easier for them to stick. If you have a beard, you do not have to shave it off.

DO NOT nap and DO NOT consume alcoholic or caffeinated beverages 4-6 hours before your study

## **WHAT TO BRING**

What you would bring to a hotel for an overnight stay. If you have a favorite pillow, you are welcome to bring it. If you normally read before going to bed, please bring your reading materials. If you watch TV, you will have one in your room.

A robe if you wish to use the shower facility before leaving. You may need to walk down a public hallway to get to the shower.

Pajamas or T-shirt and running shorts

All medications that you take at night and morning.

A list of all medications.

The Health History questionnaire completed.

The entire packet you were given should be brought with you.

*NOTE 1: Your ability to drive is not affected by this study.*

*NOTE 2: Your study will be complete and you will be released around 5:30 AM.*