

**BOICE SLEEP DISORDERS LABORATORY
NAVAL MEDICAL CENTER PORTSMOUTH
BUILDING 3, 5TH FLOOR, PORTSMOUTH, VA 23708
TEL: (757) 953-7781 FAX: (757) 953-7792**

NAME: _____ Last 4 of SSN: _____ DOB: _____

Watch Pickup: _____ 0800-1200 or 1330-1600 hours
APPOINTMENT DATE/ TIME: Base: _____ AT 2000 HOURS
MSLT: _____ AT 0800-1630 HOURS

In order to help your stay at the Sleep Lab to be as comfortable as possible and to obtain the best sleep study possible, the Sleep Lab Technical Staff has established the following guidelines:

1. **DO NOT USE CAFFEINE OR ALCOHOL AFTER 1500 HOURS** on the day of your study. Do not change your daily food habits. **DO NOT TAKE ANY NAPS ON DAY OF STUDY.**
2. Please notify the Sleep Lab if you have a cold, sinus or ear infection.
3. Please shower and shave before coming in for the study. Full beards, goatees, or moustaches are permissible. Hair must be clean and dry. No hair extensions or corn rolls from the scalp. **NO CONDITIONERS IN HAIR OR GEL AFTER SHAMPOOING. NO OILS, LOTIONS OR CREAMS ON BODY.**
4. Discontinue sleep-related medications ONLY as directed to do so by a Physician from the Sleep Clinic. Please bring a list of any medications and the dosage that you are currently taking. **BE SURE AND BRING ALL MEDICATIONS THAT YOU WILL NEED.**
5. Please bring your normal sleep attire with you. We prefer men to wear T-shirt and shorts or pajamas. Women - **NO NIGHTGOWNS PERMITTED.** Two-piece nightwear is recommended, i.e., (T-shirt and shorts, leggings).
6. Please feel free to bring a preferred pillow or blanket, or anything else that would make you feel more comfortable and help you to sleep. We ask that you please remember to take those items home, as they will be donated to Navy Relief if left here longer than a week. **SLEEP STUDIES USUALLY END AROUND 0600 THE NEXT MORNING.**
7. If your overnight study requires that you stay over the following day for an MSLT Study (a study that will require a series of naps during the day) then **you will need to either bring your own food or go get your meals.** If you do bring your own food, make sure you do not bring anything with caffeine or turkey products. The MSLT Study will end at approximately 1630 hours.
8. It will take approximately six to eight weeks for your sleep study to be reviewed. The sleep clinic will call and schedule a follow up appointment with a provider as soon as the study results are received.
9. We would very much appreciate you calling the Sleep Lab **TWO DAYS** before your appointment date to confirm the appointment. Most importantly, if for any reason you feel you might be late or especially if you cannot make this appointment, you have any questions or need directions to our lab, **PLEASE GIVE OUR LAB A CALL AS SOON AS POSSIBLE at (757) 953-7781 {0800-1600} (757) 953-9685/9686 {1900-2000}.**

PATIENT SIGN: _____ DATE: _____

WITNESS SIGNATURE: _____ DATE: _____