

Pre-Appointment Instructions for Your Sleep Study

Dear [Patient's Name],

We are looking forward to your upcoming sleep study appointment scheduled for [Date] at [Time]. To help you prepare for the study, please review the following instructions:

Prior to Your Appointment:

- Avoid caffeine and nicotine for 24 hours before your study.
- Do not take any naps on the day of the study.
- Please wash your hair and avoid using any hair products, such as styling gel or hairspray, before the study.
- If you are currently taking medication, consult your physician about whether to take them before your appointment.
- Bring any necessary items such as a sleep mask, pillow, or toiletries for your comfort.

Day of the Study:

- Arrive at the sleep lab at least 15 minutes early to complete any required paperwork.
- Wear comfortable clothing to the study and avoid clothing with metal fasteners.
- If you have any questions or concerns, please do not hesitate to reach out to us at [Contact Information].

Thank you for your cooperation. We look forward to assisting you in your journey towards better sleep.

Sincerely,

[Your Name]

[Your Title]

[Clinic/Hospital Name]

[Contact Information]