

Follow-Up Instructions for Your Sleep Study

Dear [Patient's Name],

Thank you for completing your recent sleep study. Below are the follow-up instructions to help you understand your results and the next steps:

1. Review Your Results

Your sleep study results will be available on [Date]. You can access them through your patient portal or by contacting our office.

2. Schedule a Follow-Up Appointment

Please call us at [Phone Number] to schedule a follow-up appointment to discuss your results and any recommended treatments.

3. Monitor Your Symptoms

Keep track of any symptoms you experience, such as snoring, tiredness during the day, and any changes in your sleep patterns.

4. Maintain a Sleep Diary

Consider maintaining a sleep diary to record your sleep patterns over the next few weeks. This can provide useful information during your follow-up appointment.

If you have any questions or concerns, do not hesitate to reach out to our office.

Sincerely,

[Your Name]

[Your Title]

[Clinic Name]

[Contact Information]