

Sleep Study Preparation Guidelines

Dear [Patient's Name],

We are writing to provide you with important information regarding your upcoming sleep study scheduled for [Date] at [Time]. To ensure the best results from the study, please follow these preparation guidelines:

Day of the Study:

- Avoid caffeine and nicotine for at least 24 hours before your study.
- Do not take any napping during the day before your appointment.
- Follow your normal bedtime routine.
- Bring any medications you take at night.
- Wear comfortable clothing that does not restrict movement.

What to Expect:

During the study, sensors will be placed on your body to monitor your sleep patterns. You will be in a private room where you can sleep comfortably.

After the Study:

Your results will be analyzed by our sleep specialists and we will discuss the findings with you during your follow-up appointment on [Follow-up Date].

If you have any questions or concerns, please do not hesitate to contact us at [Contact Information].

Thank you for your cooperation.

Sincerely,

[Your Name]

[Your Title]

[Clinic Name]

[Clinic Phone Number]