

# Pre-Appointment Instructions for Sleep Study

Dear [Patient's Name],

Thank you for scheduling your sleep study with us. To ensure the best results, please follow these instructions prior to your appointment:

## 1. Medication

- Please consult your physician about any medications you are currently taking. Some medications may affect your sleep study results.

## 2. Caffeine and Alcohol

- Avoid caffeine and alcohol at least 24 hours before the study.

## 3. Napping

- Do not take any naps on the day of your appointment.

## 4. Hair Care

- Wash your hair on the day of the study. Do not use hair products such as gel, mousse, or hairspray.

## 5. Clothing

- Wear comfortable clothing that is suitable for sleeping. Please bring a pair of socks.

## 6. Arrival Time

- Arrive at the clinic at least 30 minutes prior to your scheduled appointment time.

## 7. Personal Items

- Bring any personal items you may need overnight, such as toiletries and medications.

If you have any questions, please do not hesitate to contact our office at [Office Phone Number]. We look forward to seeing you!

Sincerely,

[Your Name]

[Your Title]

[Clinic Name]

[Clinic Contact Information]