



## COLORADO SPRINGS HEALTH PARTNERS SLEEP CENTER

1625 Medical Center Point, Suite 290 Colorado Springs, CO 80907  
Phone: 719-866-6627 Fax: 719-866-6629  
Administrative Office Hours: Monday – Friday, 8:30 a.m. to 4:30 p.m.

### PATIENT INSTRUCTIONS

Your sleep study has been scheduled for  
Day: \_\_\_\_\_ Date: \_\_\_\_\_  
Arrival Time \_\_\_\_\_ pm

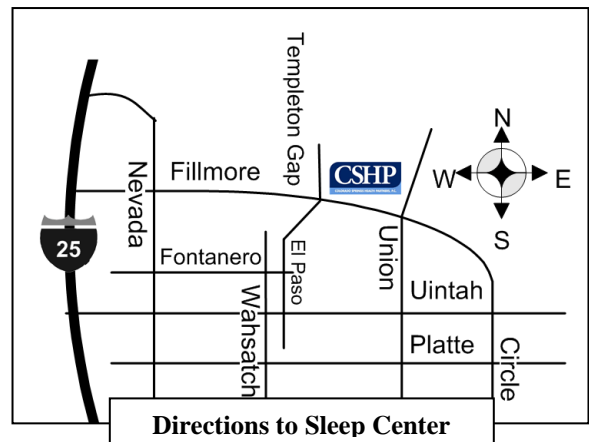
**Please contact our scheduling office at 719-475-9800 *immediately* if you are unable to make your appointment, so that we can reschedule your study.**

- Plan to arrive **no earlier than 15 minutes prior** to your scheduled time. Please call the sleep center or scheduling to make special arrangements if this is not possible.
- Parking is available at the main entrance to the Sleep Center. When you arrive, park near the front entrance, and ring the door bell. The sleep technician will let you in.
- On the day of your sleep study:
  - ◆ Avoid all caffeine after 12:00 pm; Eat at your normal meal time.
  - ◆ Do not take a nap
  - ◆ Take all medications as directed by your physician or sleep specialist
  - ◆ Drink your usual number of alcoholic beverages, and do not drink and drive
  - ◆ Bring any of your night time medications
  - ◆ If you are prone to headaches, and/or heartburn at night, bring the medications you usually take
  - ◆ A number of electrodes and body sensors will be applied for the study, so please shower prior to coming to the sleep center. Remove all make-up, hair care products, and body lotions. A very light coating of lotion is acceptable.

### WHAT TO BRING:

**For your comfort, the Center is designed much like a hotel, so pack accordingly.**

- Pillow (optional, pillows are provided; you are welcome to bring your own).
- Loose-fitting sleep attire cotton only (T-shirt, shorts, 2 piece pajamas, loose fitting sweats).
- Your favorite bedtime beverage and or snack is permitted
- Pre-bed time activities such as reading materials, arts, and crafts or your laptop computer
- The enclosed questionnaire, completed
- Your insurance card
- Form of identification
- Co-payment (if not arranged prior to your study)



You will have time to get comfortable with the facility and your bedroom prior to going to sleep. Each bedroom has a television.

You will depart from the Sleep Center between 6:30 and 7:00 am the following morning. If you need to leave earlier than this, inform your sleep technician and they will make arrangements to have you out at the appropriate time. Shower facilities are available.