

## You've just scheduled a Sleep Study!

### PREPARING FOR YOUR VISIT:

#### PLEASE DO:

- bring your usual medications for the night and the day afterward, and take them as prescribed – including sleeping pills.
- Let the technician know if you take a sleeping pill later than bed-time.
- bring a list of all your medications.
- bring something comfortable to sleep in (like pajamas). Clothing is required!
- eat regular meals.
- Bring eyeglasses.

#### PLEASE DO NOT:

- take a nap on the day of your study
- consume caffeine (coffee, tea, cola)
- consume alcohol
- use body creams, moisturizers, hair spray, gel, mousse, hair oils, or nail polish – these may interfere with the sensors

#### Valet Parking:

→ To valet park in the lot under the Wyndham, patients should pull up to the front of the Wyndham where they will be met by the valet parking assistant. They will be issued a parking ticket which they must take up to the lab to be validated by the sleep technician.

- In the AM or whenever the patient leaves the lab, they will bring their ticket to the attendant at the hotel entrance. A fee of \$14 will need to be paid via credit card.
- The attendants are contracted by MGH and are not Wyndham Hotel staff.

#### Self Park:

- If you decide to park yourself, you would enter the garage from Cambridge St. If you're traveling toward Boston on Cambridge St., the parking garage is located just past Au Bon Pain.
- The ticket must be brought to the lab for stamp validation.
- When exiting the garage the patient can pay the \$14 fee with cash or credit card. If payment is made by cash, the patient must pull their car over to the right hand lane, park and go to the parking office to pay with cash.

Please call our coordinators to confirm at (617) 724-7426. Please confirm within 5 business days of your appointment.

*You must call to confirm at least 24 hours before your sleep study, or we may be forced to cancel your visit!*

**On the day of your study, please arrive no earlier than 7:45 pm. If you will be late, or you need to cancel at the last minute, please call (617) 724-7419.**

*The test usually ends about 6AM. Let your technologist know if you require an earlier wake time. You will have the opportunity to shower. You can expect to leave the hotel by 7-7:30AM.*

**The doctor who ordered the study will have the test results in approximately 2-3 weeks. The sleep lab can not give you the results.**

