

HOW DO I PREPARE FOR MY NIGHT STUDY?



 7430 N. Mesa St. El Paso, Texas 79912



 2000 Lomaland Dr. El Paso, Texas 79935

Follow your regular daily routine as much as possible.

Avoid naps in the afternoon.

Do not consume caffeinated products (coffee, tea, chocolate, soda, energy drinks, caffeine pills) past 12 noon.

DO NOT DRINK ALCOHOLIC BEVERAGES

Avoid use of excessive hair styling products (hairspray, gel, etc.), makeup and body creams as they interfere with the sensor readings.

Remove acrylic nails and nail polish from index fingers.

Unless told otherwise, take all prescription medications as instructed by your physician.

No sedatives or sleeping pills will be given by the technician.

WHAT TO BRING

Photo ID

Insurance Card

Physician orders

Sleep questionnaire and journal (If you were issued one to fill out).

Pillow (If you have a special preference)

Toiletries and loose-fitting sleepwear.

AFTER THE TEST

Your study will end at approximately 6:00 a.m. Once the examination has concluded, your technician will carefully remove all monitoring devices. Before exiting the facilities, we ask you to complete a brief post-sleep questionnaire. This questionnaire will assist us in continuing ensure our facilities, staff, and equipment are to the highest levels of excellence.

TEST RESULTS

Your referring physician will receive a copy of the results approximately 5 to 7 business days after your study date. Please contact your physician's office to schedule an appointment to discuss the results of your study.

Questions : For questions regarding your appointment please call (915) 875-1801 during business hours of 8:30 a.m. to 5:30 p.m. Monday-Friday.

Please feel free to email us at administration@8hoursleepclinics.com with any questions or concerns. We are always looking for ways to serve you better.