

# INOVA FAIR OAKS HOSPITAL SLEEP DISORDER PROGRAM

## INSTRUCTIONS FOR YOUR SLEEP STUDY

1. Please wash your hair prior to coming to the sleep center. Do not use hair sprays, cream rinses or conditioners. Please do not apply any type of oily based product to your face or body. Do not apply any makeup or after-shave to your face or body.
2. Take your regular medications unless otherwise instructed by your referring physician. Please record the time for all medications taken the day of the study and submit to the Sleep technician when you arrive for your study. **Bring any medications with you that you may need during your stay in the lab.**
3. Please try to get a normal night's sleep the night before your study. Try to maintain your normal sleep patterns (i.e.- do not take naps during the day of your study and do not try to stay awake the night before your study.)
4. **Do not consume any type of caffeinated or alcoholic beverages after 12:00 noon the day of your study and limit your total fluid intake after 5:00 pm the evening of your study.**
5. You are **required** to sleep in appropriate sleep attire, (i.e.: pajamas, gowns, shorts & T-shirts.) Your nightclothes should be loose and preferably two-piece. Cotton clothing is preferred but do not wear anything of a silky nature (silk, satin, nylon, etc.). Please feel free to bring any personal belongings (pillow, blanket, etc.), with you that may help you sleep more comfortably.
6. Please feel free to bring books or magazines with you as aids to help you fall asleep.
7. Bathroom and shower facilities are available for your convenience. However, please bring all supplies you will need the morning after your sleep study. (Shampoo, soap, hairdryer, hairspray, shaving cream, razor, toothpaste, toothbrush, personal feminine hygiene items, etc.).
8. If you have been scheduled for a MSLT (daytime sleep study), you may want to prepare your own meals to bring with you. A refrigerator and microwave are available for your use.
9. **All studies will be terminated between 5:00 to 5:30 am. Departure from the lab will be no later than 6:00am.**

### THE NIGHT OF YOUR STUDY:

- **Report to the Main Entrance of the 3650 building which is next to the hospital @ 9:00 p.m.** Please note that the front of the building faces the parking garage. **IF YOU SEE THE EMERGENCY ROOM YOU ARE ON THE WRONG SIDE OF THE BUILDING.** You can park in any of the parking spaces in front of the building or parking garage.
- To enter the building, there is a **Telephone Entry System** that is located on the brick column right in front of the glass doors. Follow the operating instructions indicated on the phone. **HIT # then the code is 03.** The technician will answer and buzz you through the set of glass sliding doors. You will then make a left turn in front of the elevators and go down the hall to suite 103 which will be on the left side near the end of the hall.
- **You will have to present a current copy of your insurance cards, along with a current photo ID for proper identification.** If you are unable to keep your appointment, please notify that Sleep Center as soon as possible at 703-391-4000, Monday- Friday, 9:00 am- 4:00 pm. The technician for that night can be reached at 703-391-4002 after 9:00 pm.

**ONCE YOUR TEST IS COMPLETE, YOU SHOULD CONTACT YOUR ORDERING PHYSICIAN WITHIN 5-7 BUSINESS DAYS FOR THE RESULTS OF YOUR TEST.**