



ENT MEDICAL SERVICES  
SLEEP CENTER, PLC  
2901 Northgate Drive  
Iowa City, IA 52245  
319.338.2101 / 319.338.1973 Fax

### Before Your Sleep Study:

- 1) Hair clean and dry
- 2) Try not to nap (come in sleepy)
- 3) Eat as you normally would
- 4) Bring comfortable clothing to sleep in
- 5) You are welcome to bring your own pillow
- 6) Please bring your completed questionnaire
- 7) If you take any medications that make you drowsy or keep you awake, please call the sleep center prior to your test. If your physician has prescribed you a sleeping pill, please take the prescribed sleeping pill with you to the sleep center. If you have trouble falling asleep the sleep tech will instruct you to take this medication. Feel free to contact the sleep center with any questions or if you need to change your study time to fit your schedule.
- 8) Your technician will be awakening you between 5:30 and 6:00 a.m. You may need accompaniment after the test if you have problems staying awake while driving. Please let the sleep technician know if you need to arrive later or leave earlier. If you need to cancel your appointment, please call the sleep center as soon as possible. (The phone number is listed above; you can leave a message if there is no answer.)