



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

Things to know before your sleep study:

Our policy at ENT MEDICAL SERVICES SLEEP CENTER, PLC is to begin patient sleep studies at 9:00 p.m. and 10:00 p.m. We wake patients the following morning at 5:30-6:00 a.m.

If you are having a sleep study you must prepare for these times. If you take medications that may leave you drowsy in the morning, or if you do not normally get up at 5:30-6:00 a.m. and believe you will not be fully alert at that time, you must make accommodations to have a driver take you home.

We care deeply about your safety and do not want anyone to be driving if they are anything less than fully alert behind the wheel.

What to bring to your sleep study:

1. Something comfortable to sleep in, i.e. pajamas, gym shorts or sweat pants and T-shirt. The patient setup and electrode placement will take place in a room adjacent to your bedroom. You may also wish to bring a bathrobe.
2. Any medications you will need at bedtime or during the study.
3. If your physician has prescribed a sleeping pill for you; bring it with you. **Do not take a sleeping pill until you are advised to do so by the technician.**
4. Any toiletries you will need to prepare for sleep; and upon awakening.
5. The Patient Questionnaire and any other paperwork from your sleep packet that you have not already returned.

Please limit the items that you bring to necessity items only. The ENT MEDICAL SERVICES SLEEP CENTER, PLC is not responsible for any items left or misplaced at our facility.

Please sign below in the space indicated. By signing you are stating that you fully understand the contents of the above stated information regarding driving home after a sleep test at the ENT MEDICAL SERVICES SLEEP CENTER, PLC.

(PATIENT OR GUARDIAN SIGNATURE)

(DATE)