

SLEEP STUDY INSTRUCTIONS

What To Do:

1. On the day of your appointment, limit your use of caffeine. You may have your morning coffee, however, refrain from caffeinated products such as teas, sodas and chocolate for the rest of the day.
2. Do NOT take any naps on the day of your study
3. Do not drink alcoholic beverages on the day of your study.
4. Bathe or shower, shampoo and dry your hair before coming to the lab. After your bath, do not use any products on your skin or hair such as creams, oils, hairspray, aftershave, lotions etc.
5. Tape will be applied to your chin area during the study. For comfort reasons, we ask that our gentlemen patients shave prior to the study. Note – if you have a beard, mustache or goatee, it is NOT necessary to remove it.
6. If you use hairpieces (extensions, toupee, etc.), please call us prior to your study.
7. Please be aware that we do not provide meals, so please eat before your appointment and feel free to bring a snack.
8. If you are sick, beginning to feel sick and/or are coughing, please call us to reschedule your appointment (i.e flu, viruses or anything contagious). We would like you to be healthy as the results of your sleep study will be affected otherwise.
9. There is no charge for the overnight parking. DO NOT go through the parking gate. Park in one of the 2 "reserved" stalls located to the far right (immediately as you come in the lot) next to the wall

What To Bring:

1. Pajamas or nightwear MUST be worn – preferably of cotton material. Shorts and T-shirts are fine. Underwear must be worn for the study.
2. Bring a list of medications that you are routinely taking, and any medication that is taken before bed. DO NOT TAKE ANY SLEEPING MEDICATION BEFORE COMING TO THE LAB FOR TESTING. Please bring it with you.
3. If you are using Nasal CPAP/BiPAP, please bring your mask with you. If you are using a dental appliance (i.e. night guard), have it checked by your dentist and bring it with you.
4. If you sleep more comfortably with your own pillow, you may bring it with you.
5. You will need to bring along your own toiletries such as toothpaste and a toothbrush.
6. Adults undergoing a sleep study are allowed a caregiver if medically necessary. Minor children are required to have 1 parent remain in the lab during the study. Otherwise family members are not allowed.
7. If you are unable to keep your appointment time and date, or have any questions or concerns regarding your study, please call The Sleep Lab Office at 234-0033.

Directions:

46-001 Kamehameha Highway in the Castle Professional Building in Kaneohe

(On the corner of Kamehameha Hwy and Kahuhipa/Lilipuna Street, diagonally across from the American Savings Bank)

1. From Pali Highway –When you come to the bottom of the mountain, make a left turn at the light onto Kamehameha Hwy, go to Kahuhipa St / Lilipuna St. make a right turn and a quick left into the parking lot.
2. From H3 – Take the Kahekili Highway/Kaneohe exit, go to Kahuhipa St turn right. When you cross Kamehameha Hwy, make a quick left turn into the parking lot.
3. From the Likelike Highway – Take the Kahekili Highway/Kaneohe exit, go to Kahuhipa St turn right. When you cross Kamehameha Hwy, make a quick left turn into the parking lot.
4. From Hawaii Kai – Take Kalaniana'ole Highway Kailua bound, turn left at Kailua Road, go to Kamehameha Hwy and turn right, go to Kahuhipa St / Lilipuna St.) make a right turn and a quick left into the parking lot.