



Sarasota Memorial Sleep Disorder Center
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1921 Waldemere Street, Suite 705 Sarasota, Florida 34239
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Patient Instructions: Nighttime Sleep Study

- Baseline Sleep Study Date: _____ 8:00 p.m.
 - Titration Sleep Study Date: _____ 8:00 p.m.
 - Split-Night Sleep Study Date: _____ 8:00 p.m.
 - Inspire Fine Tune Sleep Study Date: _____ 8:00 p.m.
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- If you are scheduled for an appointment Monday-Friday night, please enter the building through the first-floor entrance way near the valet / blue mailboxes on Lasula Court. The sliding door on the walkover bridge from both the Waldemere and North parking garage are locked at night. Parking is available in the North parking garage on the first floor. You may park in any valet parking spot in the North garage.
 - If you are scheduled for an appointment on **Saturday or Sunday** night, the building will be locked upon your arrival. A member of the clinical staff will meet you at the top of the valet ramp by the blue mailboxes promptly at 8:00 to let you in.
 - If you need to contact the office after 6:00 p.m. on the evening of your appointment, please call (941) 262-5248.
 - If you need to cancel or reschedule your appointment during standard business hours, please contact the scheduling coordinator at (941) 262-5248.

The Day of Your Appointment

Medication Instructions:

- Bring any necessary medications that you take prior to bedtime.
- If you normally take a sedative, antihistamine or sleeping medications, bring this medication with you to your appointment. Do not take these types of medications prior to driving to your sleep study appointment.
- If you do not normally take a sedative, antihistamine or sleeping medications and one is taken during your sleep study, you will be required to have someone drive you home in the morning.
- Avoid taking any stimulants (including weight-loss medications).

Dietary Instructions:

- It is **not** recommended to consume alcohol on the day of your appointment as doing so could invalidate the results of your testing.
 - If you regularly consume alcoholic beverages, please discuss with your provider prior to your appointment.
- Following breakfast on the day of your appointment, avoid any beverages, foods, or medications that contain caffeine, such as, coffee, tea, soda, chocolate, Excedrin, Midol, and other herbal supplements. Avoidance of these items should include decaffeinated versions.

Special Considerations:

- Do not take a nap on the day of your appointment.
- If you think you may have trouble falling asleep, it is recommended to go to bed an hour later the night before your scheduled appointment or set an alarm to wake up an hour earlier on the day of your appointment.
- Make sure your hair, scalp and skin are clean and free from any lotions, make-up, or styling products. In addition, extensions, weaves and toupee hair pieces cannot be worn during the study.
- Fingernails should be clean of any nail polish color.
- Bring comfortable sleeping attire. Attire should be two-piece, loose-fitting clothing. Standard pajamas, shorts and t-shirt are all acceptable attire.
- Vaping or the use of E-cigarettes within our office is **not** permitted.
- If you have a special pillow, you can bring it.
- There are tv's in every room. You can bring reading material if you normally read before bed.

What to Expect During Your Sleep Study

- When you arrive for your appointment, you will be taken to a sleep room where there are various monitoring devices and a video camera.
- The sleep technologist will attach electrodes and other monitoring devices to you. This takes approximately 30 minutes to complete.
- Once the electrodes have been attached, you will be able to watch tv, read, etc. Until the study starts.
- The technologist will inform you that it's time for "Lights Out." This is usually between 10:00-11:00 p.m. However, if you go to bed earlier, you will be allowed to do so after being hooked up.
- The technologist will be in the control room for the duration of your study. Should you need anything during your study, there are microphones in the room. You can speak out loud and the technologist can come to assist you.
- The sleep study will end at approximately 5:00 a.m. and you will be discharged by 5:30 a.m.

Follow Up

- You will be scheduled by the First Physician Group Pulmonary office for a follow-up visit within 2 weeks of your appointment to review the results with your provider. If you have any questions or concerns regarding the results of your study, please contact their office at (941) 366-5864.