

## The Insomnia and Sleep Institute of Arizona

8330 E Hartford Drive, Suite 100, Scottsdale, AZ 85255

Phone: 480-745-3547 / Fax: 480-745-3548

www.sleeplessinazona.com

### IMPORTANT INFORMATION FOR SLEEP STUDY PREPARATION

**A fee of \$200 will be charged for cancellations or changes within 72 hours of an appointment**

- Please note the instructions for entry into the Scottsdale facility:

**To the right of the main entrance there is an intercom/camera mounted to the wall. Press the intercom and your technician will buzz you in through the main doors.**

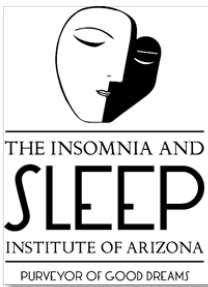
#### **FOR PROBLEMS WITH ENTRY INTO THE FACILITY – CALL 480-745-3547**

- Arrive to the sleep lab at your appointment time and no earlier than 30 minutes earlier on the night of your study.
- Please wash your hair prior to coming to the sleep center. Do not use hair sprays, cream rinses or conditioners. Please do not apply makeup, nail polish, face or body cream/lotion, as they may interfere with electric sensors.
- Take all your regular medications, unless instructed by your physician to do otherwise. Keep a record of your medications and the time taken. **Please bring any medication that you may need to use during your stay.**
- Please do **NOT** consume beverages or food containing caffeine after 12:00 p.m. on the day of the study.
- Try to get a full night of sleep the night prior to your study. Please do **NOT** take any naps the day of your study.
- Please bring nightclothes for the study. Loose fitting, cotton pajamas are preferred. Please avoid nightclothes that are made of satin, nylon, or silk because the chemicals/pastes could damage them.
- Feel free to bring personal belongings to your study that may help your sleep more comfortably, e.g., favorite pillow, blanket, book, etc.
- Bathrooms with shower stalls are available for your convenience. You may choose to bring a tooth brush, toothpaste, shampoo and soap for the morning to freshen up. In addition, you may have to wash your hair several times to remove the paste from your hair used during the study.
- You are usually free to leave by 6:00-6:15 am.

### SPECIAL INSTRUCTIONS FOR MULTIPLE SLEEP LATENCY (MSLT) TEST

1. The MSLT is usually performed the morning after an all-night sleep study.
2. Granola/Cereal bars and water are provided in the morning during this test. Please bring lunch with you, as well as any non-caffeinated, non-alcoholic beverages for use during the day. "Take out" lunch can also be ordered. There are several options in the area that can deliver.
3. Please bring reading materials to read during your stay with us.
4. The testing is usually concluded between 4:00-5:00 pm.

**Additional questions in preparation for your sleep study – please contact us at 480-745-3547.**



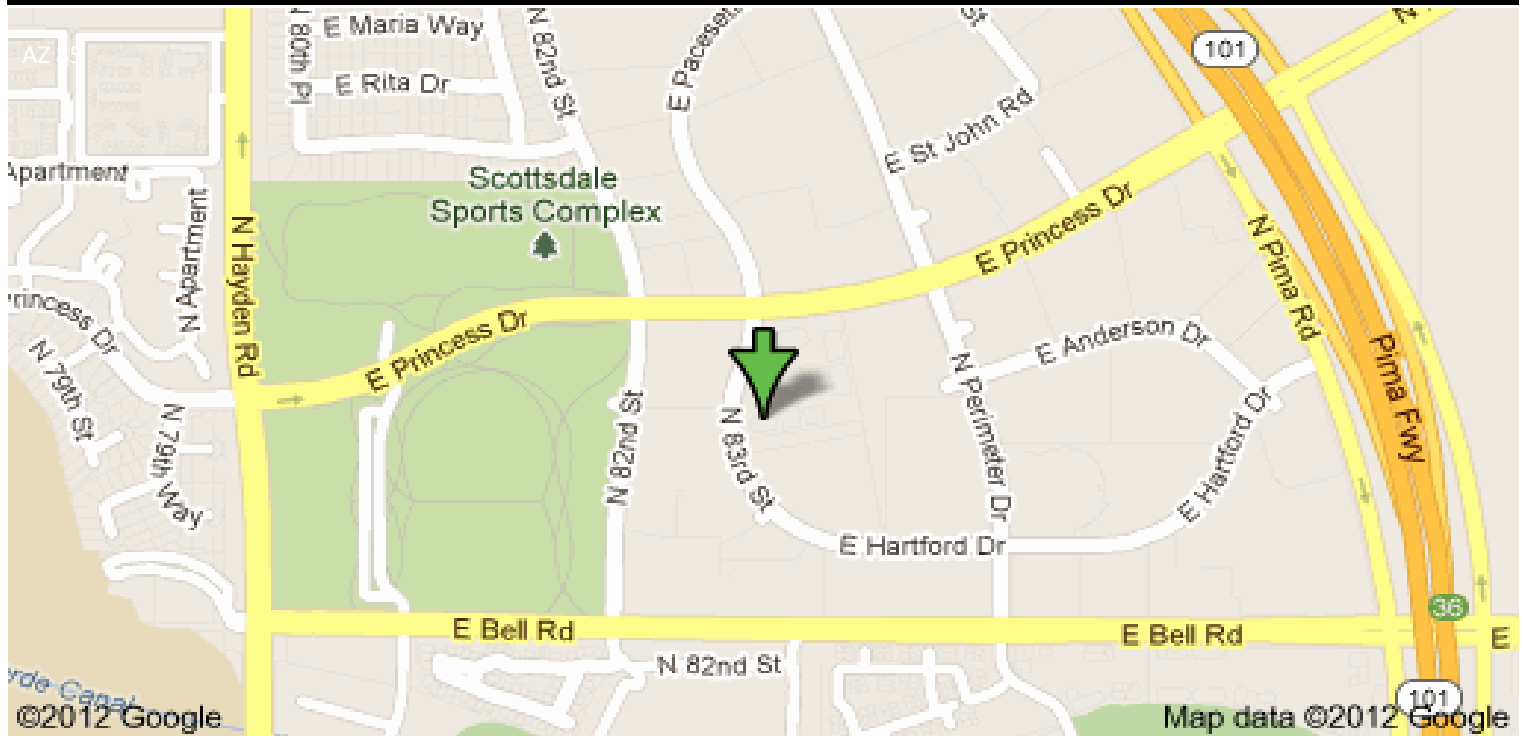
## The Insomnia and Sleep Institute of Arizona

8330 E Hartford Drive, Suite 100, Scottsdale, AZ 85255

Phone: 480-745-3547 / Fax: 480-745-3548

www.sleeplessinazona.com

### MAP/ DIRECTIONS



#### From the East

Loop 202 West to

Loop 101 North

Take the Princess Dr. Exit, EXIT 36.

Turn left onto E Princess Dr.

Turn left onto E Hartford Dr.

E Hartford Dr. is 0.1 miles past N Perimeter Dr.

If you reach N 82nd St you've gone a little too far

8330 E HARTFORD DR is on the left.

#### From North Phoenix/Glendale/Sun City

101 South:

Take the Princess Dr. Exit, EXIT 36

Turn right onto E Princess Dr.

Turn left onto E Hartford Dr.

E Hartford Dr. is 0.1 miles past N Perimeter Dr.

If you reach N 82nd St you've gone a little too far

8330 E HARTFORD DR is on the left.

#### From Downtown Phoenix

51 North to

Loop 101 East

Take the Princess Dr. Exit, EXIT 36.

Turn right onto E Princess Dr.

Turn left onto E Hartford Dr.

E Hartford Dr. is 0.1 miles past N Perimeter Dr.

If you reach N 82nd St you've gone a little too far

8330 E HARTFORD DR is on the left