

19550 Governors Hwy.
Flossmoor, IL 60422
708.915.8428
Fax: 708.915.8516

6701 W. 159th St
Tinley Park, IL 60477
708.915.7850
Fax: 708.915.7856

1600 Torrence Ave.
Calumet City, IL 60409
708.915.4810
Fax: 708.225.7511



Your Doctor has ordered an overnight sleep study for you. A staff member of the Ingalls Sleep Center will call you to schedule your appointment.

Your appointment **date** is: _____
Your appointment **time** is: _____ **Departure** _____
The **location** is: _____

Upon your arrival please park in the Urgent Aid Lot and enter through the Urgent Aid Entrance at all locations.

Tinley Park Location **Entrance "C"** on rights side of building.

Calumet City location **Entrance "F"** in front of building .

Flossmoor location **Second entrance** on right side of building.

VERY IMPORTANT: Please read both pages of this information sheet in advance of your test date and follow all instructions.

Please arrive on time for your appointment and bring the items listed on page 2. Please arrive 15 minutes early but do not arrive more than 15 minutes before your scheduled appointment time.

Your study may need to be rescheduled if you are late. If you need to cancel your appointment, please call our office at 708-915-8428 between the hours of 8:00am and 4:30pm, at least **24 hours** in advance, to avoid a \$50.00 cancellation fee.

Please bring your reading glasses with you if they are needed. There will be paperwork to be filled out prior and post test.

PREP INSTRUCTIONS FOR YOUR TEST

- Wash your hair and body the day of the study. Do not use sprays, gels or oils on your hair. Do not use lotions, creams, or make-up on your skin. You may use deodorant.
- Maintain your normal sleep schedule until your test date. Please refrain from napping at least six hours before your appointment, preferably the complete day if possible.
- Avoid caffeine and alcohol for 12 hours before the study.
- Patients under 18 years of age will be scheduled at our Tinley Park or Flossmoor sleep labs only and must be accompanied by a parent or guardian for the entire study, .

➤ **Continued on second page**

PREP INSTRUCTIONS FOR YOUR TEST

- **For Ladies:** If you have acrylic (artificial) nails, please remove one nail from either hand. Natural nails should have at least one finger without polish. **Do Not** have your hair done (ex. an up do, extensions or braids) just before the study as we will be putting wires and paste on your scalp.
- **For Gentlemen:** If you are clean shaven, please make sure the chin area has been shaved prior to arrival (you do not need to shave an existing beard)

THINGS YOU NEED TO BRING

- ▶ **Your insurance card and photo identification are necessary for financial purposes.**
- ▶ **Bedclothes are necessary and not an option.** Please wear something loose and comfortable, e.g. gym shorts and a T-shirt, loose sweat pants and a T-shirt, pajamas or nightgown.
- ▶ **All medication, both prescription and over the counter, that you need to take while at the Sleep Center. Keep in mind that the technicians cannot give any medication that you did not bring, even aspirin. Do not stop taking any of your medications without first discussing it with your physician. Bring a list of the names of all your current medications.**
- ▶ Do not bring valuables with you to the Sleep Center.
- ▶ The bedrooms at the Sleep Disorder Center are private and similar to typical bedrooms. The rooms are supplied with pillows, blankets, towels and washcloths. If desired, you may bring your own pillow. A bathroom is available for washing up or showering after the study is completed. You may want to bring any needed personal toiletries, such as toothbrush, toothpaste, etc.

Please eat your evening meal prior to arriving at the Sleep Center.

If you have any questions, please call our office at 708-915-8428.