

Murrieta

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## Patient Preparation

**Please follow these instructions to prepare for the overnight sleep study.**

- 1) Please arrive at the lab at your specified appointment time.
- 2) Bring comfortable sleeping attire.
- 3) Bring your own pillow if you desire.
- 4) Bring your usual bedtime medications with you, or take them prior to coming to the sleep lab.
- 5) Please make sure you have showered, washed and dried your hair prior to arrival at the sleep lab. Do not use any sprays, gels, or oils in your hair. Do not wear any make-up.
- 6) Men without beards should shave prior to arrival at the sleep lab.
- 7) Do not consume any caffeine products after 4:00 PM.
- 8) Do not consume any alcohol on the day of the study.
- 9) You will be discharged from the sleep lab by 6:30 AM the following morning.
- 10) Contact the sleep lab during regular office hours (9:00 AM- 4:30 PM) if you are ill within 36 hours of your sleep study; including cold, flu, bronchitis, severe nasal congestion, migraine headaches, nausea, vomiting, diarrhea, chest pain/angina or significant worsening of any chronic medical problem.
- 11) **If you need to reschedule the study because of illness or for any other reason, please contact our office at (951) 698-4218 (during regular office hours) as far as possible before your scheduled appointment. Failure to do so may result in a cancellation fee.**

