



**Sleep Study Information for Med Sleep
Registration**

There is plenty of parking in the rear of the building.

Study Description:

A sleep Study is a complex study that records and monitors many body functions including brain waves, eye movements, muscle activity, heart rhythm, and breathing function or respiratory effort during sleep. All of this data is interpreted after the study in order to arrive at most accurate diagnose of any possible disorder. Sleep studies will be conducted between the hours of 9:00PM to 5:30AM. Each patient will be assigned to a private room with a comfortable size bed.

Before your Sleep Study: The following recommendations are standard practice before a Sleep Study:

- DO NOT take a nap the day of your study
- DO NOT drink coffee or tea on the day of your appointment
- DO NOT apply any lotions or oils to skin prior to your arrival.
- DO NOT use any hair products, including conditioner, hair spray, or mousse. Refrain from using skin lotions and powders.
- On the day of your appointment please shower and wash and wash your hair. (**So Placement of electrodes maybe be applied properly**)
- Eat a normal evening meal before your arrival.
- Bring comfortable and modest nightclothes.
- Bring any items that will help you feel at home, such as your own pillow, personal hygiene items, slippers, or a robe.
- Bring Insurance card, Drivers license or photo ID and a list of any medications taken 24 hours prior to you sleep study.
- Bring all medications you are currently taking or may need during your stay.
- **Cancellation policy for no call or no show appointment will acquire a fee of \$100 to the patient (Insurance will not pay for that).**

Print Patients Name: _____

Acct# _____

Patients signature: _____ Date _____

Date Of Study: _____

Please be aware that Medsleep is Non-Smoking facility therefore smoking is not permitted in the facility at all

**Sleep Lab
635 Market St.
Newark, NJ 07105
(973) 344-5454**

