

Instructions for Sleep study

Our Sleep center is an outpatient and non-smoking facility.

Please notify us 48 hours in advance if you need to cancel or reschedule your sleep study. Sleep studies scheduled on Saturday and Sunday must provide notice by Thursday preceding your appointment. Please call us at [215-361-4423](tel:215-361-4423).

You'll be provided with a private bedroom and full bathroom. Sleep center does not provide accommodations for pets & guests. Special arrangements can be made for patients requiring added assistance.

Upon your arrival the sleep technician will explain the procedure to you.

It is very important that you **follow these instructions** the day of your sleep study.

1. Please arrive on time at **9 PM** at the front entrance of **Buxmont lung and sleep center** located at **668 Bethlehem Pike, Suite 4 in Montgomeryville, Pennsylvania**. Studies are usually completed by **6 AM**.
2. On the day of study, avoid any caffeinated beverages & alcohol.
3. Avoid taking naps during the day of your sleep study.
4. Wash and dry your hair on the day of your sleep study.
5. Remove nail polish or artificial nails from at least two fingers.
6. Generally you would be asked to continue with your regular home medications. In case of any confusion please call our office to confirm.

What should I bring to the sleep study?

ID card.

Comfortable sleepwear.

Your favorite pillows and blankets. We provide pillows and blankets but yours may help you sleep better.

Toiletries such as toothbrush toothpaste etc.

Any needed medications.