THE SLEEP LAB AT KENT HOSPITAL

Dear

Welcome to **The Sleep Lab at Kent Hospital**, a facility which is fully accredited by The American Academy of Sleep Medicine. You have been scheduled for an overnight sleep study on:

Date:_____ **Time:**_____

The following is information regarding your sleep study. Enclosed you will find a Sleep Questionnaire, Sleep Log and Epworth Sleepiness Scale. Please complete these double-sided forms and mail them back to The Sleep Lab at Kent Hospital in the postage paid envelope provided.

In order to make your overnight stay as comfortable as possible and to obtain the best possible results, we have established the following guidelines:

- **Please inform The Sleep Lab staff, in advance, of any special needs that you may have** so that we may make the necessary accommodations in time for your scheduled test date.

- **Please bring a list of all medications, including the dosages,** that you are currently taking. ***Also,*** be sure to bring any medications that you will need to take while you are with us. This includes over-the-counter medications you would take at home, such as: Tylenol®, aspirin, Tums®, etc..., as The Sleep Lab does not stock any medications.

- Please bring the following items with you:
  - appropriate night wear {i.e., pajamas, shorts and tee shirt, nightgown}
  - toiletries
  - robe and slippers
  - a book and/or magazines, *if desired*
  - your own pillow, *if desired*
  - snacks, *if desired*

- Please be sure to have dinner before you come in for your study.

Overnight studies are usually completed sometime between 6:00 and 7:00 a.m. Prior to leaving The Sleep Lab, you will be given a card for a complimentary breakfast in the Hospital's dining room, which is located on the first floor of the hospital.

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We ask that you adhere to the following restrictions on the day of your sleep study:

- ***DO NOT*** drink alcoholic beverages
- ***DO NOT*** take any daytime or evening naps
- ***DO NOT*** drink coffee, tea or soft drinks containing caffeine for at least 4 hours before you report to The Sleep Lab
- Smoking is ***NOT*** allowed in The Sleep Lab
- Please make sure head and scalp are clean of hair tonics, sprays, mousse, etc...as these may interfere with your testing.
- A clean shaven face is requested as a "five O'clock" shadow interferes with testing. ***However,*** there is no need to remove a fully grown beard or mustache.
- Gel/Shellac nails also interfere with testing and should be removed prior to testing.

If you have any questions concerning your sleep study or if you are unable to arrive at the scheduled time, please contact The Sleep Lab at **401.736.3727**.

We look forward to seeing you,

The Sleep Lab Staff

Directions to Kent Hospital's Sleep Lab:

From north of Warwick, Rhode Island: Take Interstate 95 South to Exit 10-B {Route 117 West}. Go West onto Route 117 to the first traffic light. Turn right onto Commonwealth Avenue and turn right onto Leon Whipple Road for 1/4 mile to the end of the road. Take a left onto Toll Gate Road.

From Connecticut: Take Interstate 95 North to Exit 10 {Route 117 East}. Go east on Route 117 to the second traffic light and turn left onto Toll Gate Road. Kent Hospital is up the road on the right.

From Toll Gate Road: Turn into the Main Entrance and take the first right, just past the Emergency Department parking lot. The Sleep Lab building is clearly marked and located to your immediate left. Parking is right outside our front door. Please enter through the door to the left of the glass enclosure.