

McLaren Print System Order

Order No: 49658
Order Date: 2019-10-22
User: Andrea Bennett
Phone: 342-3900

Ship Location: McLaren Flint Beechill Ctr
G3200 Beecher Rd
Flint, MI 48532

Brochures
Quantity: 100
Paragon Dept No: 36110
Dept Name: Sleep Center
Company Number: 60

Order Total Price: 53.00

Item Number: M-34340
Item Description: Preparing for a Sleep Study Brochure
Revision Date: 3/2015
Print:
Paper:
Size:
Fold:
Finish:
Drill:
Misc Info: 80 lb color copy; full bleed; 2 folds; scored

How to prepare for a sleep study

Before coming to the Sleep Diagnostic Center you should shower and wash your hair. Use minimal hair care and skin products. You will pack like you would if you were planning to stay over night at a hotel, bringing sleepwear, toiletries and any medications you may need.

You should avoid caffeine in the afternoon before your study and do not have a nap. Eat a normal size dinner before your appointment.

The most common worry people have is that they will not be able to sleep in a strange environment or with the leads used to monitor during the study. Each person has a separate room with a private restroom and shower. The wires are attached so that you can sleep in the same position as you normally do at home and you are reasonably free to move around. Some people feel more comfortable with their favorite pillow or blanket from home.

What happens in the morning?

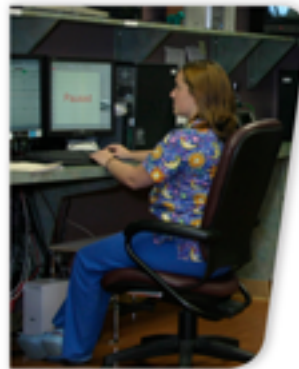
Your technician will detach the monitors and there will be some paperwork to complete. You may also shower and prepare for your day if you would like. Caffeine, tea and juice are available as well as a cinnamon roll or cereal breakfast bar. Your doctor should receive your test results within two weeks.

What if I need to cancel or reschedule my study?

Please contact the Sleep Diagnostic Center as soon as possible if you need to change your appointment. A private bedroom with bathroom is reserved for you for the entire evening. A sleep technologist or respiratory therapist will be assigned to monitor your study throughout the night. Late cancellations or no-shows result in empty bedrooms and staff being sent home. Please allow as much time as possible when cancellation cannot be avoided.

Spec Info:

Preparing for a Sleep Study
Your health rests on a good night's sleep



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