



# TRIPLER ARMY MEDICAL CENTER



DEPARTMENT OF THE ARMY  
SLEEP DISORDER CENTER  
TRIPLER ARMY MEDICAL CENTER  
1 JARRETT WHITE ROAD  
TRIPLER AMC, HAWAII 96859-5000

## PATIENT INSTRUCTIONS

### What To Do:

DATE: \_\_\_\_\_

TIME: **08:30pm**

1. On the day of your appointment, **limit caffeine usage**. You may have coffee in morning if your having a sleep study that evening (not if your having a walk-in MSLT or MWT the same morning). However, refrain from caffeinated products such as teas and sodas for the rest of the day. (**NOTE: Please inform us in advanced if any special accommodations are needed such as if you are disabled or require someone to stay with you**)
2. **Do NOT take any naps** on the day of your study. Do not drink alcoholic beverages on the day of your study.
3. **Please shower and shampoo your hair before coming to the lab. After bathing, DRY YOUR HAIR and do not use any products on your skin or hair such as gel, hairspray, aftershave, moisturizing lotions etc.**
4. Wires will be applied to your face, head and body with tape and **paste will be used in your hair** during the study (***a hot shower & shampoo at home or in the lab is required to remove the paste in the morning***). We ask that our male patients shave prior to the study. However, if you have a beard, mustache or goatee, it is NOT necessary to remove it. If you are using hair pieces such as extensions, toupee, etc. Please call us prior to your study.

### What To Bring:

1. Loose, comfortable clothing such as pajamas MUST be worn throughout the study. Shorts, Sweats and T-shirts are fine.
2. We do not dispense any medications. If you regularly take medications, bring them with you. **DO NOT TAKE ANY SLEEPING MEDICATION BEFORE COMING TO THE LAB FOR TESTING.** Please bring it with you and notify your technologist of the medication.
3. If you are currently using CPAP/BiPAP at home, please bring your mask with you if you would like to use it during the study or we will supply a new mask if you wish to try a different style. If you are using a dental appliance (i.e. night guard), please bring it with you.
4. **If you would like to use your own Pillow/Blankets instead of hospital ones, you may bring them.**
5. Please bring along your own toiletries such as a toothbrush, toothpaste and ***shampoo & a towel if you wish to shower in the morning.***
6. **Family members and children are not allowed to stay with the patient unless medically needed. If you travel with an aide please notify us so that we may make arrangements.**

If you are unable to keep your appointment time and date, please call: 433-6014

If have any questions or concerns regarding your study, please call: 433-6016

### Directions: **Park at the Oceanside Entrance (Main entrance by the flag pole, we are located on Ward 9B1)**

1. Take the Oceanside elevators to the 9<sup>th</sup> floor.
2. Walk behind elevators, make a right towards the Concussion/Sleep Disorder Clinic.
3. Please arrive @ 8:30pm & check in with the technicians in room **9B119** on the right hand side. If you arrive early please have a seat or feel free to come back at you **scheduled appointment time @ 08:30pm**. There is food & beverage stores on the first floor for your convenience, please avoid any caffeine. The technologists arrive @ 8pm to start their shift.

**After your sleep study, please follow up with referring provider no earlier than 14 business days to receive results.**

**PLEASE COMPLETE ANY FORMS PROVIDED AND PRESENT YOUR MILITARY OR VA ID UPON ARRIVAL**