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**Sinus • Allergy • Sleep Apnea • Thyroid Surgery
Cochlear Implants • Vertigo & Balance Center
Advanced Ear Surgery • Hearing Devices**

On the Day of Your Sleep Study

- Don't take a nap on the day of the test.
- Avoid caffeine (coffee, tea or cola) after breakfast.
- Wash and dry your hair, and do not apply hair sprays, oils or gels.
- Remove any nail polish from your index finger.
- **You must bring bed clothes** (preferably two- piece pajamas) to wear during your sleep tests.
- Bring something to read or to work on during non-sleep periods.
- Bring personal toiletries (toothpaste, toothbrush, comb, brush, shampoo and hairdryer) and a change of clothes for the next day. The Sleep Clinic provides towels and bedding, and there are bathrooms with showers provided in each room.
- **Bring all of your medications.** Please bring a list of medications you have taken during the past month.
- **Please arrive at appointment time.** Sleep technician will be at the front door to let you in.
- **Call 850-529-3192 for Sleep Lab.**