



Jason Boole, MD, FAAOA

**Board Certified, Otolaryngology
Subspecialty Board Certified, Sleep Medicine**

**Nasal & Sinus Disorders, ENT Allergy, Sleep Apnea,
Hearing Loss, Vertigo & Balance**

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.