



IDAHO  
SLEEP HEALTH

## SLEEP STUDY INSTRUCTIONS

Patient Name: \_\_\_\_\_

- Your study is scheduled at the Nampa office of Idaho Sleep Health \_\_\_\_\_ at \_\_\_\_\_.
- **Directions to the Nampa office are on the reverse side of this form.**
- When you arrive to the office ring the doorbell. If a minute passes and no one comes to greet you, ring again – the technologists may be assisting other patients.
- **IMPORTANT: Please bring this sheet with you and present it to our technologists when you arrive.** It is our way of ensuring security in the evening hours at our facility.
- **IMPORTANT:** Sleep studies involve a large commitment of resources on our part. If you cannot come in for a study, please contact us **at least 24 hours in advance** to allow us to fill your slot. **If you do not show for your sleep study or call to cancel less than 24 hours in advance you may be subject to a \$75 no-show/cancellation fee.**
- **IMPORTANT:** If the purpose of your sleep study is to adjust your CPAP pressure, please be sure to bring your mask and tubing to the study. A CPAP machine will be provided for you.

### INFORMATION TO REMEMBER

- This is a one night study. We ask that you attempt to sleep with the monitors on for the full night. Please plan on not leaving the facility any earlier than 5:00 a.m. so we can obtain an adequate sleep study.
- To prepare for daytime operations, we ask that overnight patients leave the facility by 6:30am. If you need to leave earlier, ask your technician the night of your study.
- Please bring your own snacks.
- You will have a private room and bathroom. Sorry, there are no showers at the facility.
- On rare occasions, there may be a technical problem with one of the sleep monitors. If this happens, we will try to provide an additional monitor. If no spares are available, we may have to reschedule the sleep study.
- If you take prescription medications, stick to your usual routine in taking them.
- Our staff will hook you up to the monitoring equipment and will instruct you how to disconnect yourself if you need to visit the bathroom. However, if you are having difficulties during the night, you may ask the staff for assistance.
- Bring shorts or loose fitting pajamas to allow our technologists to apply sensors to your skin. You are monitored during the study so clothing must be worn at all times. You are more than welcome to bring your own pillow if you would like.
- Please shower prior to coming in for your study – the cleaner your skin, the better the quality of the study.
- Important: wear no lotions, make-up or nail polish during your study – these will interfere with the quality of the study.
- **Test results are not available until your follow up appointment with your specialist.**
- If you have any questions regarding the information above, please call Idaho Sleep Health at (208) 442-8222 Boise office hours 8:00am – 5:00pm. If you do call after office hours; leave a message and we will return your call the next business day. If you are in need of assistance the night of your sleep study (directions & cancellations (calling the lab to cancel the night of your study you may still result in the \$75 fee)) our sleep technologists can be reached at (208) 442-8222 extension 1203.

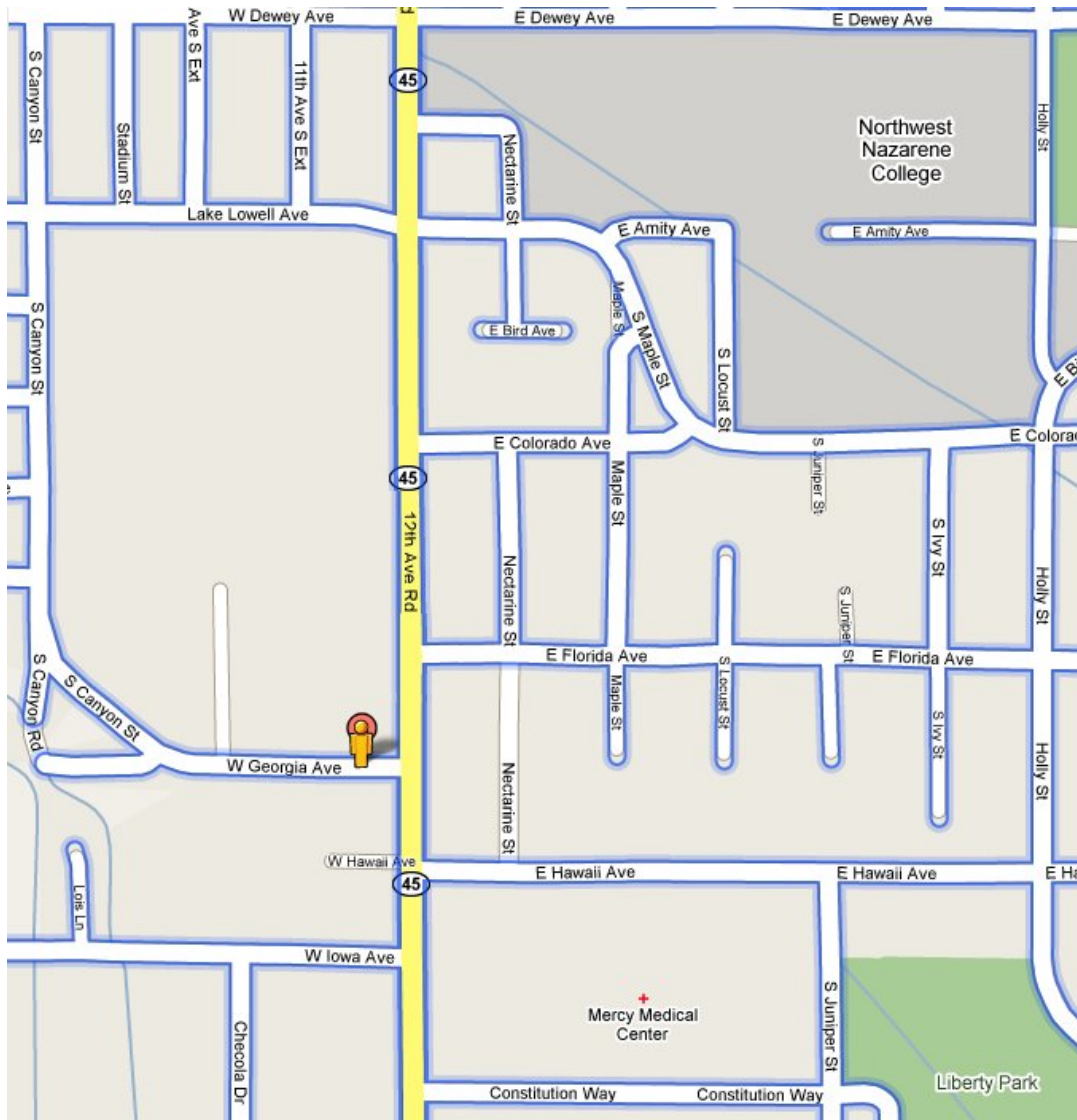
### Boise Location

7272 W. Potomac Drive  
Boise, ID 83704  
PH: 208.375.8222  
F: 208.375.8232

### Nampa Location

210 W. Georgia Ave. Suite 120  
Nampa, ID 83686  
PH: 208.442.8222  
F: 208.442.8232

**Idaho Sleep Health**  
Directions to Sleep Lab  
210 W. Georgia Ave. Suite 120  
Nampa, ID 83686



- Drive I-84 toward Nampa.
- Take the Franklin exit (exit 36).
- If traveling West turn left on Franklin. If traveling East turn right.
- Turn right on 11<sup>th</sup> Ave N.
- Turn left on E. Third Street S. (next turn)
- Turn right on 12<sup>th</sup> Ave S.
- Turn right on W. Georgia Ave. (Located between Dairy Queen and the Wells Fargo bank).
- The business plaza is called “12<sup>th</sup> Ave. Place”. We are the first building to your right.

**Boise Location**

7272 W. Potomac Drive  
Boise, ID 83704  
PH: 208.375.8222  
F: 208.375.8232

**Nampa Location**

210 W. Georgia Ave. Suite 120  
Nampa, ID 83686  
PH: 208.442.8222  
F: 208.442.8232