



DRS. GIRGIS & ASSOCIATES
Breathe Better, Hear Better, Sleep Better
630-528-9999 Fax: 630-427-6525
www.GirgisENT.com

Hinsdale Sleep Center

Sleep Study Patient Instructions

You have been scheduled for your overnight sleep study at Hinsdale Sleep Center at Drs. Girgis & Associates. Please read the following instructions carefully to help prepare you for a successful study. Our goal is to provide a smooth sleep study experience in a comfortable environment. If you have any questions or concerns regarding your upcoming test, please contact us as soon as possible so that we may assist you.

Arriving for Your Sleep Study:

Your sleep study will take place in **Suite 315**. The building address is **908 N. Elm St. Hinsdale, IL 60521**. If you typically see an ENT Physician, Physician Assistant or Nurse Practitioner at our Hinsdale office, the sleep center is in the same building, just down the hall on the other side of the elevators.

- You may park in the parking lot or parking garage. If for some reason the revolving door is locked in the garage or in the front of the building, there are 2 doors on either side that are accessible for building entry.
- Take the elevator to the 3rd floor, make a right, and a quick left to **Suite 315**, where you will be greeted by your technologist.
- Please arrive at your scheduled time (8:00pm, 8:30pm, or as specified when you set up your appointment).
- **In the event you are running late or need directions, please call 630-528-9998 or 630-323-5214.**
- ***Unless prior arrangements were made, please do not arrive later than 9:00pm.*** The building is closed by this time, and phone calls to our main number will be received by our answering service.
- Your technologist will call you if you have not arrived within 15-30 minutes after your appointment time.

Preparing for Your Sleep Study:

- Try to avoid caffeine after 1pm (*e.g. coffee, tea, soda, etc.*).
- Avoid excessive napping the day of the study or sleeping much later than usual.
- Bathing is preferred the day of your study, and make sure your hair is dry when you arrive. Please avoid moisturizers or lotion.
- Men: If you have a beard or mustache, trimming is recommended.
- Wear or bring comfortable clothes to sleep in. You may bring your own pillow and blanket if you wish.
- Take your medications as usual. If you plan to take a sleep aid the night of your study, please bring it to the lab with you and inform the technician. For safety reasons, be sure to allow a window of 8 hours after you take your sleep aid before driving home in the morning.
- The following are provided during your overnight stay: pillows and blankets, shampoo/conditioner, mouthwash, access to a white noise machine and fan, water, apple juice and cereal bars.
- Use of electronics such as a cell phone, iPad, laptop, etc. are permitted prior to bedtime if they are part of your usual routine.