

Name: _____ Test Date: _____ Time: 9:00 P.M.

THE FLORIDA CENTER OF SLEEP MEDICINE

For information or questions, please call 904-215-7556

*****TEST LOCATION*****

Fleming Island Medical Plaza I

1679 Eagle Harbor Pkwy Ste A Orange Park, FL 32003

Technician Line 264-5110 8:30 p.m. – 6:30 a.m.

PLEASE FOLLOW THESE INSTRUCTIONS PRIOR TO YOUR STUDY.

Complete the Sleep History Questionnaire and bring with you the night of your study.

1. Please leave all valuables at home. Bring your driver's license (with current address on it) and your insurance card(s). If license doesn't have current address, please bring some other form of verification of current address is possible.
2. Bring a check or money order (**NO CASH PLEASE**) in the amount of your copayment/deductible. **Visa, Mastercard, American Express and Discover are accepted as well.**
3. Eat your evening meal prior to arriving for your study. Abstain from very heavy or spicy foods.
4. *Refrain from the consumption of caffeine, alcohol, and tobacco products the afternoon and evening of your study.* You may have **decaffeinated** cola, tea, or coffee.
5. If you are scheduled for an MSLT (daytime nap study) the day after your night study, please bring food/drinks for breakfast, lunch & snacks. A microwave, refrigerator, and toaster are available. It is likely you will be here until 4:30 p.m. during the day of the nap study.
6. Shower prior to coming for your study. Your body must be free of oils, creams and lotions. Your hair must be clean, dry, unbraided, and free of hair spray, gel, etc. If not, your study may be rescheduled.
7. Bring loose fitting pajamas, gown, or shirt. The Center provides pillows; however, you may want to bring a favorite pillow to aid in your comfort.
8. Do not nap during the day of your study as this may hinder your ability to fall asleep the night of your study.
9. Take routine medications as normal unless your physician specifies otherwise. Some medications can alter the results of your study. List the name and dose of all medications in the space provided on the Sleep History Questionnaire form.
10. If you are having difficulty breathing through your nose, (i.e., sinus infection, cold, or related illness), please call our SCHEDULING OFFICE at 904-215-7556 (Mon - Fri from 8:30 a.m. until 5:00 p.m.) prior to coming for your scheduled study.
11. We usually designate "lights out" by 11:00 p.m. You will be asked to refrain from using your cell phone/laptops/tablets, etc. after this time. You will be ready to leave the next morning around 6:00 a.m. or earlier if your schedule requires.

DUE TO THE AMOUNT OF PREPARATION REQUIRED IN COORDINATING YOUR ARRIVAL, FAILURE TO GIVE 24 BUSINESS HOURS NOTICE OF CANCELLATION PRIOR TO YOUR SCHEDULED SLEEP STUDY WILL RESULT IN A "NO SHOW" FEE OF \$80.

THANK YOU FOR YOUR COOPERATION.

YOUR REFERRING PHYSICIAN SHOULD HAVE YOUR TEST RESULTS IN 10-14 BUSINESS DAYS AFTER STUDY.

DIRECTIONS

From St. Augustine / San Jose

Take I-95 N to I-295 N across the Buckman Bridge to Roosevelt Blvd./Park Ave. (Hwy 17 S). Turn left onto Hwy 17 and go south into the town of Orange Park. Follow Hwy 17 south to CR 220 in Fleming Island. Turn left onto CR 220/Bald Eagle Rd. Turn right onto Eagle Harbor Pkwy (1st road on right). Turn right into 4th driveway. We are second building on the right.

From Starke

Take Hwy 16 W toward Green Cove Springs. Turn left onto Hwy 17 N. Follow Hwy 17 N to CR 220/Bald Eagle Dr. Turn right onto Eagle Harbor Pkwy (1st road on the right). Turn right into 4th driveway. We are second building on the right.

From Green Cove Springs

Take Hwy 17 N to CR 220/Bald Eagle Dr. and turn right. Turn right again onto Eagle Harbor Pkwy (1st road on right). Turn right into 4th drive. We are second building on the right.

From Palatka

Take Hwy 17 N through Green Cove Springs. Continue north towards Fleming Island and turn right onto CR 220/Bald Eagle Dr. Turn right again onto Eagle Harbor Pkwy (1st road on right). Turn right into 4th driveway. We are second building on the right.

From Middleburg

Take CR 220 East into Fleming Island. Go across Hwy 17 (name of road changes to Bald Eagle Dr. on other side) then turn right onto Eagle Harbor Pkwy (1st road on the right). Turn right into 4th driveway. We are second building on the right.

From Hwy 17/Riverside

Take Hwy 17 S (Roosevelt Ave) towards Orange Park. Follow Hwy 17 to CR 220 in Fleming Island. Turn left onto CR 220/Bald Eagle Rd. Turn right onto Eagle Harbor Pkwy (1st road). Turn right into 4th drive.