



SLEEP DISORDER CENTER

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PATIENT INSTRUCTIONS FOR PAP-NAP

In order to have the best chance of falling asleep during your nap study, please follow the instructions listed below:

- ⌚ We would like you to be slightly sleep deprived so you will be able to fall asleep during your nap study. Therefore, we ask that you please stay awake 1-2 hours later than usual the night before the test and/or get up 1-2 hours earlier than usual the morning of the test. Or you can rearrange your sleep pattern in order to make you sleepy enough for your nap.
- ⌚ DO NOT TAKE A NAP prior to the test.
- ⌚ We recommend that you eat lunch 1-2 hours before your nap. This can sometimes increase your sleepiness. However, AVOID ALL ITEMS THAT CONTAIN CAFFEINE SUCH AS COFFEE, TEA, CHOCOLATE, SOFT DRINKS.
- ⌚ Allow 3-4 hours for your nap study appointment.
- ⌚ Wear loose, comfortable clothing.
- ⌚ Feel free to bring a favorite pillow or blanket.
- ⌚ Take medication as usual, with the exception of stimulant medication. Please wait to take stimulant medication until after the PAP-NAP. If you need to take medication during your nap study, please bring it with you.
- ⌚ If you think music will help you fall asleep, you may bring an iPod or CD player of your choice.
- ⌚ Good nasal breathing is very important for this nap study. Therefore, if you have allergies, please treat them as usual. If you have a cold or feel ill, we recommend you reschedule the test.

Your appointment date is: _____ at _____

I agree to the above instructions and will take all precautions necessary to safely arrive at the Sleep Center prior to my study.

Patient Signature (Responsible Party if Patient is a Minor)

Date of Service

Witness Signature