



SLEEP DISORDER CENTER

502 East Pine Ave Crestview, FL 32539
111 Bailey Drive Suite 2 Niceville, FL 32578
8734 Ortega Park Drive Navarre, FL 32566

151 Mary Esther Blvd, Suite 203 Mary Esther, FL 32569
(850) 689-5496 • (850) 243-4456 • (850) 279-4442 • (850) 936-4717 • Fax: (850) 689-5497

Patient Instructions for Sleep Study

Arrive at the Center on [] at [] P.M. Please do not arrive early. **24 hours notice is required if you are unable to keep your appointment, or a \$100. Inconvenience fee will be billed to you!**

Please fill out the attached questionnaire and bring it with you to your appointment. There will be paperwork to be completed before and after your study.

FOR YOUR SAFETY THE DOORS WILL BE LOCKED. PLEASE KNOCK AND HAVE YOUR ID READY, THE TECHNICIAN WILL LET YOU IN.

■ **Ft. Walton Beach Location:** Santa Rosa Executive Plaza, 151 Mary Esther Blvd., Suite 203 (850) 243-4456. **Directions:** From the Santa Rosa Mall, go towards Hwy 98. The Santa Rosa Executive Plaza is to your immediate left, just past the traffic signal at Hollywood Blvd., across from Krystal. The office complex is beige stucco with tan Spanish tile roofs and brown doors. Enter the Plaza main entrance and turn right. Continue to the end, turn left, and go to the back of the complex. Turn right and you will find us in the last unit on the left. Maps and driving directions are available for printing @ www.sdcfwb.com.

■ **Crestview Location:** 502 East Pine Avenue, Crestview (850) 689-5496. **Directions:** From the intersection of Hwy 85 and Hwy 90, go north 2 blocks. Turn right (*beside car wash*) onto Webb Street. If you pass KFC you have gone too far. Our brick building is to your left, at the corner of Pine and Webb, just before you get to the stop sign. Maps and driving directions are available for printing @ www.sdcfwb.com.

■ **Niceville Location:** 111 Bailey Drive, Suite 2, Niceville, FL 32578 On highway 20 directly across from K-Mart sign is Bailey Drive, turn on Bailey Drive and go 1 block. The center is located on the left with the blue roof. Maps and driving directions are available for printing @ www.sdcfwb.com.

■ **Navarre Location Directions:** Coming from Mary Esther; Go west on HWY 98 to Ortega Park Drive and turn right. Go straight for 200 feet and turn left into parking lot. The Sleep Lab is the unit on the left end. From Pensacola; Go east on HWY 98 1 block past Pullam Street and turn left the driveway between Days Inn & Suites and Taco Bell. The driveway goes around the back of Taco Bell and curves to the right. Turn right on Ortega Park Drive and then left into the parking lot. Maps and driving directions are available for printing @ www.sdcfwb.com.

1. Your estimated out-of-pocket expense []. This amount is required at the time of the study. Any additional expense is contingent upon payment by your insurance company. The business office can be reached during the day from 9 am-4pm Monday – Friday. We accept cash, check, MasterCard and Visa. If paying cash, bring exact change.
2. Please arrive tired and ready for bed. Eat dinner before arriving. Please shave, shower and shampoo before arriving. Do not use any lotion, powder, makeup, etc.... on face or body. Bring something you find comfortable to sleep in (*gown, pajamas, or tee shirt/shorts*). You may bring anything from home that will make you feel more comfortable (*pillow, blanket, etc.*). Our pillows are covered with plastic covers for your protection. You will be video and audio recorded during the test.
3. Cell phones, dvd players, radios, electronic game players, etc. are not permitted. **If you bring a cell phone it must be turned off upon arrival.**
4. **No caffeine after noon on the day of the study. No naps the day of the study.** There are no food restrictions. Continue to take any medications that your doctor has prescribed, unless otherwise instructed.
5. Please notify us **in advance** of any special needs or requirements during your stay with us (*Example: walking upstairs, oxygen use, food requirements, etc.*). We can make arrangements for oxygen use.
6. We do not dispense or prescribe any sleep aids (*medications*). If you feel you may need a sleep aid, it is your responsibility to get a prescription from your doctor in advance of your study and have taken it for at least one night prior to arriving for your study. If you do use a sleep aid you may need to make arrangements for someone to drive you home.
7. Your results will be faxed or mailed to your physician in approximately two weeks.