



THE SLEEP DISORDER INSTITUTE

You have been scheduled for an Outpatient DAYTIME sleep study. Please arrive at 8:00 PM and report to the Sleep Center on the 2nd Floor.

YOU MUST BRING PHOTO I.D. WITH YOU TO THE CENTER.

For your convenience, you have been pre-registered.

Any questions concerning insurance and your financial responsibility should be addressed with your insurance company. The Sleep Coordinator who scheduled your study will take care of obtaining authorization, if required by your insurance company. You will not hear from the Sleep Coordinator again prior to your study unless there is a problem obtaining authorization or with your insurance coverage.

On the night of your appointment, please bring with you all medications and or supplements you are currently taking. You should continue to take any daily medications unless otherwise instructed by a doctor not to. If your medications need to be refrigerated, please bring your own cooler.

Loose fitting T-shirt and shorts or loose fitting pajamas with button down shirt or sweatpants are recommended. Should you bring snacks/drinks that need refrigeration, please bring your own cooler.

If you are already using a CPAP machine at home and are comfortable with your mask and headgear, feel free to bring it with you.

Bring whatever you need at bedtime (robe, slippers, toiletries, shaver, shaving cream, towel, etc.) If you would like to bring your own pillow to feel more comfortable, please do so.

Please note- Sleep study results take about 3 weeks to receive. If necessary you will be contacted with instructions, otherwise please make sure you have follow up appointment scheduled for 3 weeks after your study.

If you have questions concerning the testing procedure specifically, please call the Sleep Center at (845) 368-5512 and the staff will assist you.

If cancellation or postponement of your study becomes necessary, please call the Sleep Coordinator at Rockland Pulmonary as soon as possible Monday thru Friday at (845) 368-5604 x230 or x 241. Failure to cancel will result in private payment/collection.

If calling Friday after 4:30pm or on Saturday or Sunday, please dial (845) 368-5513 for a Sleep Center technician.