

**Sleep Lab Scheduling:**  
**(281) 297-6305 Fax: (281) 297- 6436**

**(You will be prompted, press OPTION 1)**

**Sadler Clinic Sleep Disorders Center**

**Jerald H. Simmons, M.D.**

**9201 Pinecroft, Suite F,**

**The Woodlands, Texas 77380**

**4015 Interstate 45 North**

**(Sadler Clinic - League Line Rd)**

**Conroe, TX 77304**

**Sleep Lab Direct Line: (936) 522-4924**

**(After 6:30 PM only or when picking patient up)**

**\*\*Sleep Study Instructions\*\***

**LEAGUE LINE LOCATION**

**PLEASE READ AND FOLLOW THESE INSTRUCTIONS  
TO HELP US SERVE YOU MORE EFFICIENTLY**

- 1) **YOU MUST VERBALLY CONFIRM YOUR APPOINTMENT 48 HOURS BEFORE YOUR TEST OR WE MAY NEED TO FILL THE SPOT WITH SOMEONE ELSE.** In the past there have been problems with patients forgetting about their test and not showing up for the study. We set aside time and resources to do your study and we cannot afford to let your spot go unutilized. We will attempt to call you 2 days before your study but you must confirm your appointment with us two days before the study. **IF WE HAVE NOT HEARD FROM YOU WE RESERVE THE RIGHT TO GIVE YOUR SPOT TO SOMEONE ELSE. \*\*IMPORTANT: IF YOU NEED TO CANCEL YOUR APPOINTMENT, REFER TO OUR CANCELLATION POLICY\*\***
- 2) Unless prior arrangements have been made with the **SLEEP LAB SCHEDULER** for a later arrival time, please be here the night of your study **NO EARLIER THAN 7:30 PM. The main doors are locked at 5 PM and your tech will arrive between 6:30 and 7:00 PM.**  
**Please, NO napping this day.** You will be discharged the following morning **between 5:30 AM and 6:00 AM.** If someone will be picking you up, please make sure they arrive **no later than 6:00 AM. They can call the Sleep Lab directly (936-522-4924)**
- 3) **PARKING** – on the **EAST** side of the building (I-45 side) and enter through the **URGENT CARE DOORS**. Tell the receptionist you are here for a **SLEEP STUDY**. They will direct you to the elevators. When you exit the elevators, go to our Sleep Lab waiting area just left of the elevator. **Do not go all the way to 2B check-in.**
- 4) **AS OF FEBRUARY 1, 2004, SADLER CLINIC BECAME A “NO SMOKING CAMPUS”**  
**Caffeinated drinks, Alcohol and Cigarettes can have an influence on your study.** We strive to give you the most accurate information possible about the quality of your sleep and therefore we ask that you assist us in this by eliminating Caffeinated drinks, Alcohol, and Cigarettes prior to check-in for your Sleep Study. For even more accurate test results, you should eliminate **all Caffeine and Alcohol after 12:00 Noon on the day of your sleep study.** This is a “NO SMOKING CAMPUS” therefore, Cigarette Smoking is not allowed upon entering Sadler Clinic property. For the safety of you and our equipment, you must remain in the Sleep Lab area for the duration of the sleep study. If you think you cannot make it without a smoke, **prepare ahead** with a nicotine patch. **This is a non-negotiable policy.**
- 5) Bring an updated **list** of current medications with dosing information and instructions on how you take it.  
**\*\*\*Bring any prescription medications that you may need to take that evening (in their original Rx containers), especially sleep meds, RLS/PLMS meds, heart or diabetes meds, seizure meds, and any over-the-counter headache, stomach, or pain medications you think you may need during your study.\*\*\***
- 6) Spouses and other family members **MAY NOT** stay in the room with a patient who is not handicapped or does not need special assistance. Frequently, and unintentionally, visitors to the room interfere with the quality of the sleep study. For this reason, the only visitors allowed to stay in the room are ones needed to assist with handicapped patients or infants/toddlers.
- 7) Eat a light dinner before you come. You are welcome to bring snacks and/or **NON-CAFFEINATED DRINKS** that **do not require refrigeration. We do not have a microwave or fridge at this location.**
- 8) Please have **clean, dry hair**. Keep hairspray, oils and hair products to a minimum. **Avoid heavy moisturizers and creams, makeup or any products that leave your hair or skin oily. Do not wear rollers** or anything else (**weaves, extensions, attached hairpieces, etc.**) that will prevent us from reaching the scalp.

- 9) In order to make your stay as comfortable as possible, you may bring any pillows, blankets, etc., that will make you feel more at home (no pets, please). It is **not required** to bring these items as we do provide them.
- 10) There are **NO showers at this location**. A restroom is provided **near the bedrooms**. Bring slippers/robe if desired.
- 11) Bring comfortable, modest clothes to sleep in. **When choosing what to wear, please keep in mind that Video Recording is a routine part of each sleep study**. A two-piece outfit such as, pajamas, sweats, or shorts and T-shirt work best, however, you may also choose a one-piece gown.  
**WE DO NOT ALLOW SLEEPING IN THE NUDE OR IN BRIEFS.**
- 12) We have a **TV/DVD** in each room. We now have SATELLITE TV. You may still bring reading material if preferred.
- 13) Cell phones and pagers need to be **OFF when the study starts**.
- 14) If you are on **Home Oxygen or require ANY type of special assistance or are the parent/guardian of a patient who is a minor, please call us before your study** so that we will be able to address your needs.

STUDY DATE: \_\_\_\_\_

TIME: \_\_\_\_\_ PM

FOLLOW-UP APPT. DATE: \_\_\_\_\_

TIME: \_\_\_\_\_ AM/PM

**PLEASE BRING THESE INSTRUCTIONS  
WITH YOU THE NIGHT OF YOUR STUDY**

**Directions:**

**From Houston: → I-45N, exit 91, left on League Line Rd, turn right at the light just past the gas station, Sadler Clinic is on the right (see # 3 on page 1)**

**From Huntsville: → I-45S, exit 91, right on League Line Rd, turn right at the light just past the gas station, Sadler Clinic is on the right (see # 3 on page 1)**

**THANK YOU,  
SADLER CLINIC SLEEP DISORDERS CENTER  
LEAGUE LINE LOCATION**

PATIENT CHECKLIST (for your convenience)	
MEDICATION LIST RX MEDICATIONS OTC MEDS IF NEEDED	SLEEPWEAR SLIPPERS / ROBE see # 10-11
CPAP MACHINE IF RETITRATION STUDY	
ARRANGE RIDE (IF NEEDED)	
INFORM LAB IF ON OXYGEN OR NEED ASSISTANCE @ NIGHT	
ITEMS BELOW ARE OPTIONAL	
MOVIES, BOOKS, MAGAZINES- PILLOW/BLANKET TOY FROM HOME	HAIRSPRAY, HAIRGEL HAIR STYLING TOOLS, TOOTHBRUSH /PASTE COSMETICS
LIGHT SNACKS DRINKS-NO CAFFEINE	EARPLUGS ** EYE MASK **

**\*\*Although we do our utmost to make your visit as comfortable as possible, please keep in mind this is a clinical procedure in a clinic setting. This is not a hotel or a resort, and we do not bill you for a hotel or resort stay. Noises and interruptions during the study can occur; we will do our best to keep it to a minimum as we collect the data necessary for your study.**