Your Sleep Study at Harrison

ARRIVING AT HARRISON

Check-in time for your sleep study is _____ at _____. When you arrive at Harrison, come to the Information Desk in the main lobby for directions to the Sleep Center, which is located on the third floor. Since there are no phones in our sleep study rooms, family who need to reach you may do so by calling 360-744-6432.

CAN'T MAKE IT?

We require at least 24 hours notice if you aren't able to keep your sleep study appointment—please call us at 360-744-6812. Our waiting list for sleep studies is long, and this will allow someone else to take advantage of the appointment.

DON'T FORGET!

Be sure to start your sleep diary two weeks before your sleep study. Bring it—and the enclosed questionnaire—with you.

BEFORE ARRIVING

Please come bathed or showered, without any hair products, such as sprays or gels. Men, if possible please shave facial hair on cheeks and chin. Otherwise, please trim as short as possible.

WHAT TO BRING

Bring sleepware. PJs or whatever you're comfortable in for sleeping (no sleeping in the buff, please), plus slippers or shower shoes if you like. Plus:

- ✓ Personal items for the following morning (toothbrush, hair dryer).
- ✓ Any prescription and non-prescription medications you are currently taking.
- ✓ Personal favorites—such as a pillow—to help you sleep better.
- ✓ A book or magazine to help you relax.

RISE AND SHINE

Your sleep study will last six to eight hours from the time you go to bed. If you need to rise early, let us know so we can wake you. You're welcome to shower before you leave—and breakfast is on us: We'll serve you after 6:30 am. Depending on the results of your sleep study, it may be necessary for you to stay the following day for additional testing.

HARRISON
MEDICAL CENTER

SLEEP DISORDERS CENTER
2520 Cherry Avenue, Bremerton, WA 98310 | 360-744-6812

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