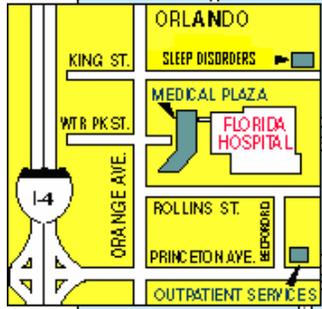




# FLORIDA HOSPITAL

Center for Sleep Disorders

Patient: \_\_\_\_\_ Date of Study: \_\_\_\_\_ Campus: \_\_\_\_\_

Campus	Altamonte Campus	Orlando
Address	601 E. Altamonte Drive Altamonte Springs, FL 32701	501 E. King Street Orlando, FL 32803
Telephone Number	(407) 303-5700, X 4584	(407) 303-1558
Parking Information/Directions	 <p>Park at the Main Entrance to the Hospital. Go to the registration department before going to the sleep lab.</p> <p>After registering, take Elevator A to the 3<sup>rd</sup> floor. Make a left off of the elevator and follow the hallway around to the Sleep Lab.</p>	 <p>Take I-4 to the Princeton Street Exit (Exit 85). Go East off of I-4. Traveling I-4 East, turn <b>Right</b>. Traveling I-4 West, <b>Turn Left</b>. Turn <b>Left</b> onto North Orange Avenue.  Turn <b>Right</b> onto King Street. Turn <b>Left</b> immediately after railroad tracks. Follow road around to Center for Sleep Disorders. Enter building from the left. Press button. Staff will release the door for entrance. Take the elevator to the second floor.</p>
Arrival Time	Monday-Thursday 7:45 p.m. Friday-Sunday 7:30 p.m.	8:30 p.m. 7:30 p.m.
Study End Time	<b>Please be prepared to leave the lab by 6:00 a.m.</b>	

**Preparation and Instructions**

1. The Sleep Disorder Center does not administer or store any medications. Remain on all routine medications, unless otherwise instructed by your physician. Bring any medication that you may need while here in the lab. If any of your medications require refrigeration, bring a small cooler with you. Ice is available in the sleep lab.
2. **DO NOT** take any naps the day of your study.
3. Limit your intake of caffeine to 1-2 cups of coffee, tea, or soda on the day of your procedure. No caffeine after 1:00 P.M.
4. Shower and wash your hair on the day of your scheduled appointment. **DO NOT** use hair spray, oils, gels, or lotions on your hair or on your body.
5. Bring sleepwear such as a two piece pajama with sleeves or gym shorts and a T-shirt.
6. Showers are available in the morning after the sleep study is complete. Bring your own toiletries. Hair dryers are provided in each patient room.
7. Eat dinner before arriving at the sleep lab. You may bring your own snack. Breakfast is provided.
8. Patients under the age of **18** must have a parent or legal guardian stay all night.
9. Patients residing in skilled nursing facilities, requiring nursing level-of-care, or unable to get into or out of bed without assistance **must** have someone stay with them all night.
10. If you are currently using CPAP or BIPAP, bring the unit with you to the center.

**24-hour notice is required to reschedule/cancel your appointment. Contact 407-303-2273.**