

- ARRIVAL TIME:** You may arrive as early as 7:00pm when our doors open.
- CHECK-IN TIME:** A staff member will come to greet you in our lobby between 7:00pm - 8:30pm.
- CHECK-OUT TIME:** Patients will be discharged between 6:00am - 6:30am.

**Arriving Late:** If you arrive more than 35 minutes after your scheduled appointment time and have not notified the sleep center that you are coming, your sleep study will be rescheduled. A message can be left seven days a week by calling (318) 443-1684, Option 1. Please leave a detailed voicemail message when prompted to do so. Include Name, Date of Birth, phone number and reason for call. We require a 24-hour advance notice of any appointment cancellation; otherwise a setup charge is applied for the missed appointment.

**Visitors must be approved:** The sleep center does not permit family member and/or friends to stay in the room without prior approval. Any visitors not approved at the time of scheduling will be asked to leave the facility. The patient will spend the night in a private room with half bathroom, Wi-Fi, Cable TV and custom temperature control. A phone is available upon request for emergencies only. A qualified member of our staff will welcome you and explain the procedures to follow at the time of your set appointment. Each evaluation consists of placing electrodes to the surface of your head, torso, face and legs. Airflow, body movements, heart rate, and blood oxygen levels are monitored. All evaluations are recorded on video for security and diagnostic purposes. If you are diabetic, please bring an appropriate snack with you. You will need to provide a food cooler if one is required. We want you to have a pleasant experience, so let us know if we can do anything to improve your stay. In the event that your physician diagnoses you with sleep apnea, a second sleep study may be ordered to evaluate your response to prescription therapy.

**Driving Directions:** Our Main office is located at 223 Windermere Blvd, Alexandria, LA 71303. Our location is one mile off of HWY 28 West (Coliseum Blvd). Our office is a brick building behind Chevron. As you pull into our drive entrance off of Windermere, turn left at the STOP sign. The Sleep Center will be straight ahead and slightly to the right. The main entrance will be unlocked at 7:00pm to receive you for sleep testing.

**NOTICE:** Red River Sleep Center is a smoke free and firearms free facility. RRSC does not recognize Do Not Resuscitate "DNR" directives and life saving measures are applied to all patients when necessary. If you have questions, please contact our office.

### How to Prepare for Your Sleep Testing Appointment

1. Come freshly showered.
2. Leave all valuables at home.
3. Remove nail polish and false nails.
4. Eat an evening meal prior to your arrival.
5. Avoid napping on the day of your sleep study.
6. Maintain your usual exercise habits the day of.
7. Remove hair extensions, braids, and netting from hair.
8. No alcoholic beverages are permitted inside the sleep center.
9. Avoid caffeine four hours prior to your arrival (coffee, tea, soft drinks, chocolate, etc.)
10. Bring ALL your routine medications with you, including your sleep and pain medications.
11. Tobacco use, smoking (including vaping and electronic smoking) are not permitted inside the sleep center.
12. Bring items necessary to aid in your comfort for the scheduled stay. (pillow, eye mask, earplugs, extra blankets, etc.)
13. Do not apply any oils, creams, lotions, makeup, hair spray/gel, netting, or any hair product of any kind to your head, hair, face, or legs. These products can greatly inhibit the results of your sleep study.
14. A shirt and shorts/pants are required. Dress in something you would wear in public, loose fitting clothing, such as cotton T-shirt and shorts. Please no nylon or silk pajamas as these materials inhibit testing signals.
15. Maintain your usual sleeping habits the night before your sleep study; do not try to keep yourself awake longer than usual.